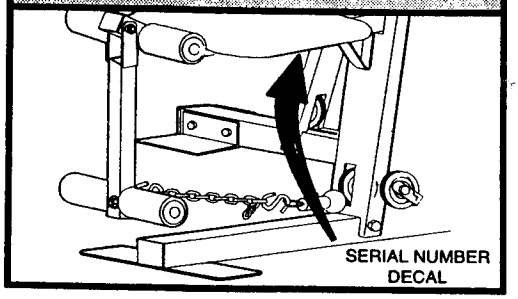
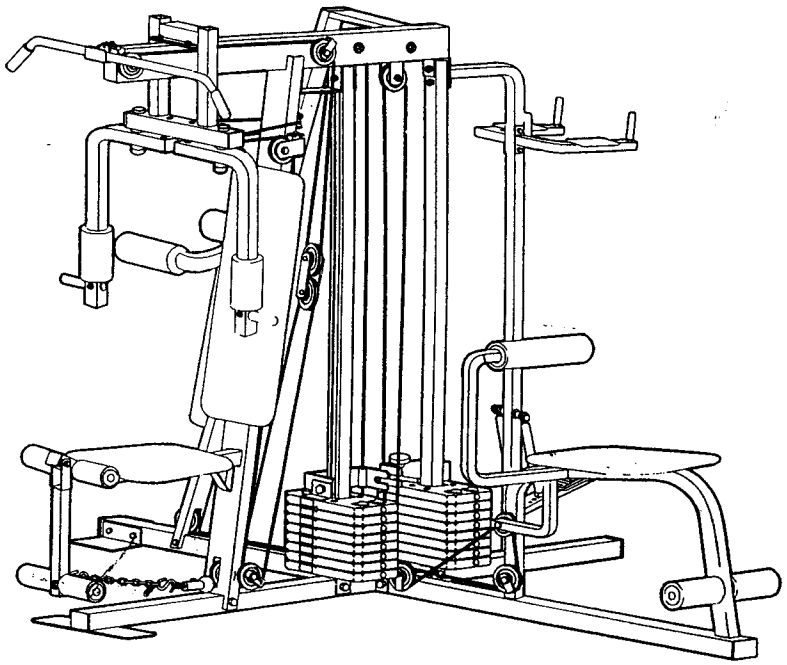
X5 MULTI-STATION DUAL STACK POWERGUIDE

home gym system

MODEL NO. 50503
SERIAL NO.
Write serial number in the space above for reference.





APPROXIMATE WEIGHT:
360 LBS.
APPROXIMATE SET UP DIMENSIONS:
75"L X 75"W X 77"H

weider

OWNER'S MANUAL

MADE IN CANADA

Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll -free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.
Extended Seasonal Hours: (Dec. 1 - Feb 28) Monday-Friday 7:00 AM - 9:00 PM;
Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

NN126850503

WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Position the stepper on a level surface.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Always hold the handlebars when exercising on the stepper.
6. Keep hands away from moving parts other than the designated handles.
7. Keep small children away from this equipment during use.
8. Do not allow children to play on this equipment unattended.
9. Wear appropriate workout attire, including running or aerobic shoes, when using the stepper.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

UNPACKING TIPS:

To avoid losing small parts during the unpacking process we suggest that you remove and unwrap one part at a time and discard the paper wrapping in the lid of the box.

Do not discard packing material until the gym is completely assembled. If you are missing a part, it may have gotten mixed up with the wrapping paper.

Lay each unwrapped part to the side so you can easily see each part for ease of identification as you do your assembly.

Lay the nuts, bolts, washers, etc. in groups of like sizes and lengths. Putting these inside the carton bottom would be a good place to hold them to avoid losing parts. You can also write the sizes below each group to help you identify them quicker.

TOOLS REQUIRED FOR ASSEMBLY:

1. Two adjustable crescent wrenches or a combination of 1/2" and 9/16" box end wrenches, an allen wrench, and a phillips screwdriver.
2. A flat blade screwdriver and a hammer.

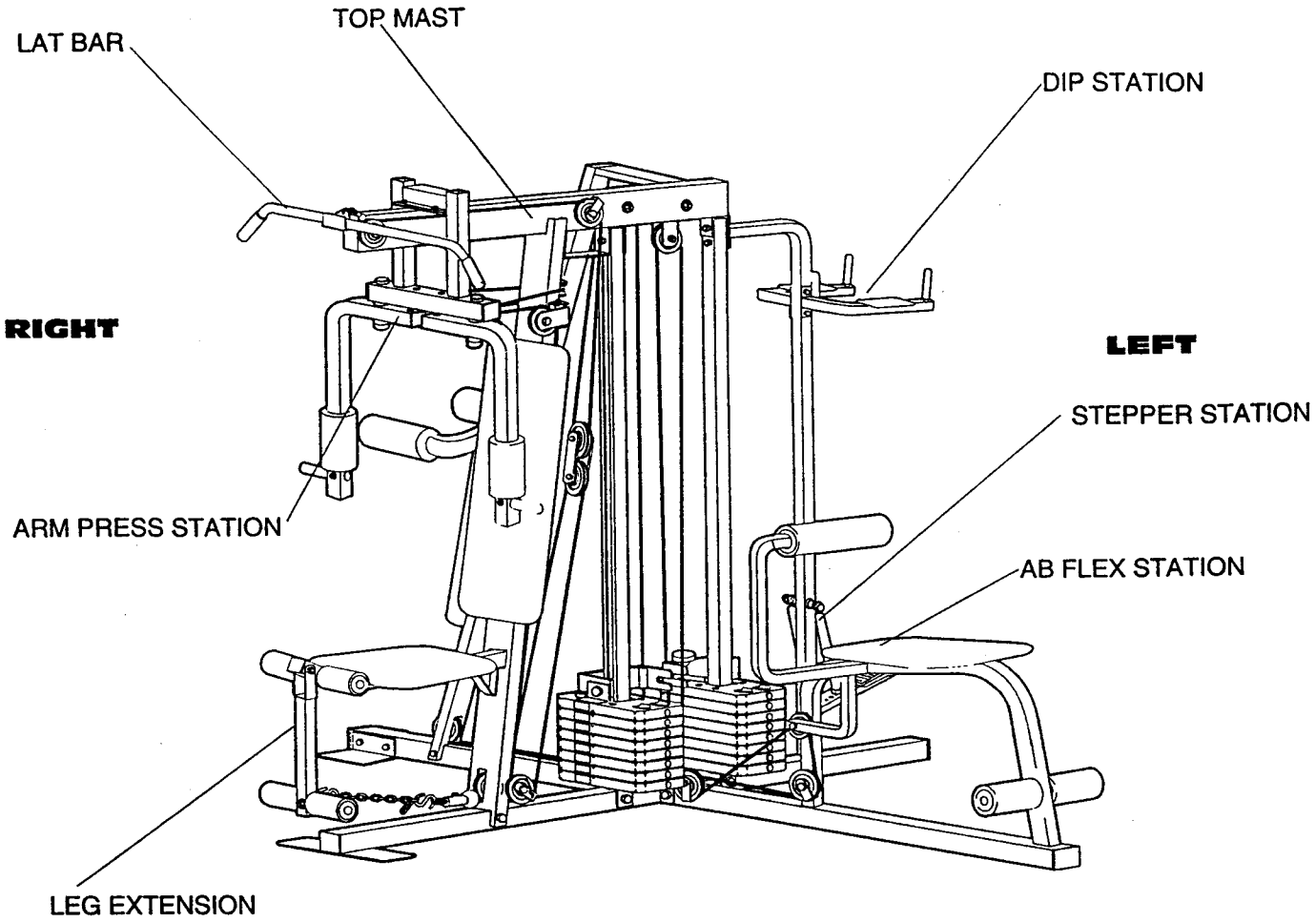
SAVE THESE INSTRUCTIONS

INTRODUCTION

Thank you for choosing the Weider POWERGUIDE X5. Your Home Gym is designed and engineered to give you many hours of weight and aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains maintenance tips and parts information.

Please take time to read all the information contained in this manual and after assembly is completed keep it for future reference.



MAINTENANCE TIPS

Keeping your POWERGUIDE X5 in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and are fitted properly.

2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.

3. Painted surfaces can be cleaned with a soft cloth and a mild non-abrasive detergent.

50503 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	CENTER BASE	1	C4212-G15*G15
2	FRONT BASE	1	C4213-G15*G15
3	REAR BASE	1	C4214-G15*G15
4	GUIDE ROD	2	C6853-G15*G15
5	BUMPER "L" PLATE	4	C7741-G15*G15
6	WEIGHT PLATE - 12.5 LB.	16	BB-0328*G15
7	WEIGHT SELECTOR TUBE WITH KNOB	1	C7717-G15*G15
8	WEIGHT SELECTOR TUBE	1	C7718-G15*G15
9	NYLON GUIDE WHEEL	8	AA-8267*G15
10	PLATE BRACKET	2	C7742-G15*G15
11	MAIN UPRIGHT	1	C1263-G15*G15
12	3 1/2" PULLEY	15	AA-8133*G15
13	STEPPER UPRIGHT	1	C1264-G15*G15
14	HACK SQUAT UPRIGHT	1	C1265-G15*G15
15	BASE PLATE	2	C7743-G15*G15
16	GUIDE WHEEL - 2 7/8"	6	AA-8268*G15
17	HACK SLIDE FRAME	1	C4215-G15*G15
18	HACK SQUAT ARM	2	C4216-G15*G15
19	HACK SQUAT BACKREST	1	C1426*G15*G15
20	3 1/2" "V" PULLEY	1	AA-8273*G15
21	FOAM ROLLER - 3 3/4" X 8"	4	C0483-G15*G15
22	ARM PRESS PIVOT FRAME	1	C4217-G15*G15
23	4" LONG HALF ROUND PIVOT BUSHING	2	AA-8242*G15
24	ARM PRESS CAP	1	C4218-G15*G15
25	ARM PRESS ARM - RIGHT	1	C4219-G15*G15
26	ARM PRESS ARM - LEFT	1	C4225-G15*G15
27	ARM PRESS HANDLE	2	C7319-G15*G15
28	PLASTIC GRIP - 1" X 5"	6	AA-8255*G15
29	ARM PRESS BACKREST	1	C1427-G15*G15
30	ARM PRESS SEAT	1	C1428-G15*G15
31	SEAT MOUNTING PLATE	4	C7744-G15*G15
32	SEAT FRAME	1	C4220-G15*G15
33	PAD BAR - 3/4" X 15 1/4"	3	C7320-G15*G15
34	FOAM ROLLER - 3 1/4" X 7" X 3/4" I.D.	6	C0443-E02*G15
37	PULLEY PIVOT BRACKET 1" X 3 7/8"	2	C7748-G15*G15
38	LEG EXTENSION	1	C4221-G15*G15
39	STOPPER BRACKET	1	C7745-G15*G15
40	DUAL PULLEY CONNECTOR BRACKET	2	C7749-G15*G15

50503 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
41	CABLE TRAP BRACKET - 3 1/2" PULLEY	10	C7746-G15*G15
42	RETAINING PLATE	2	C7750-G15*G15
44	STEPPER PEDAL	2	C4222-G15*G15
45	PLASTIC PEDAL THREAD	2	AA-8195*G15
46	RESISTANCE CYLINDER	2	ZZ-0004*G15
47	CYLINDER MOUNTING BRACKET	2	C7747-G15*G15
48	DIP ARM	2	C4223-G15*G15
49	DIP HANDLE	2	C7321-G15*G15
50	5/16" FLAT WASHER	18	HH-5127*G15
51	5/16" NYLON LOCK NUT	33	HH-5012*G15
52	5/16" X 2 1/2" HEX HEAD BOLT	8	HH-5053*G15
53	5/16" X 3" HEX HEAD BOLT	4	HH-5167*G15
54	5/16" X 3/4" HEX HEAD BOLT	2	HH-5245*G15
55	5/16" X 2 1/4" HEX HEAD BOLT	8	HH-5323*G15
56	5/16" X 2 1/2" CARRIAGE BOLT	2	HH-5324*G15
57	5/16" X 3 1/2" HEX HEAD BOLT	1	HH-5294*G15
58	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*G15
59	5/16" X 1 3/4" HEX HEAD BOLT	3	HH-5441*G15
60	3/8" FLAT WASHER	15	HH-5265*G15
61	3/8" NYLON LOCK NUT	21	HH-5088*G15
62	3/8" X 4 3/4" HEX HEAD BOLT	1	HH-5545*G15
63	3/8" X 4" HEX HEAD BOLT	3	HH-5201*G15
64	3/8" X 5 1/2" HEX HEAD BOLT	1	HH-5331*G15
65	3/8" X 1 3/4" HEX HEAD BOLT	4	HH-5308*G15
66	3/8" X 4 1/2" HEX HEAD BOLT	4	HH-5363*G15
67	3/8" X 2 1/4" HEX HEAD BOLT	1	HH-5061*G15
68	5/16" X 2" HEX HEAD BOLT	2	HH-5054*G15
69	1/4" FLAT WASHER	15	HH-5048*G15
70	1/4" NYLON LOCK NUT	8	HH-5011*G15
71	1/4" X 3/4" ROUND HEAD MACHINE SCREW	12	HH-5022*G15
72	1/4" X 2 1/2" ROUND HEAD MACHINE SCREW	6	HH-5044*G15
73	1/4" X 2" CARRIAGE BOLT	4	HH-5338*G15
74	1/4" X 2" ROUND HEAD MACHINE SCREW	4	HH-5256*G15
75	1/2" LONG SELF TAPPING PHILLIPS HEAD SCREW	2	HH-5448*G15
76	1/2" NYLON LOCK NUT	1	HH-5182*G15
77	1/2" X 8" LONG HEX HEAD BOLT	1	HH-5547*G15
78	#8 NYLON LOCK NUT	4	HH-5552*G15
79	#8 X 3/4" LONG MACHINE SCREW	4	HH-5290*G15
80	2" SQUARE PLASTIC INSERT CAP	5	AA-8002*G15

50503 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
81	2" X 4" PLASTIC INSERT CAP	1	AA-8269*G15
82	1" X 3" PLASTIC INSERT CAP	2	AA-8204*G15
83	1 3/4" SQUARE PLASTIC INSERT CAP (DULL TEXTURE)	2	AA-8006*G15
84	1" ROUND PLASTIC INSERT CAP	2	AA-8005*G15
85	1" ROUND PLASTIC COVER CAP	4	HH-5348*G15
86	1 1/2" SQUARE PLASTIC INSERT CAP	8	AA-8001*G15
87	3/4" ROUND PLASTIC INSERT CAP	6	AA-8004*G15
88	1/2" I.D. X 2 5/8" LONG METAL BUSHING	2	HH-5550*G15
89	1/2" O.D. X 3/8" LONG METAL SPACER	2	HH-5455*G15
90	1/2" O.D. X 1/4" LONG METAL SPACER	3	HH-5466*G15
91	1 1/4" SQUARE PIVOT BUSHING	4	AA-8203*G15
92	5/8" X 1 1/4" FLAIR END PLASTIC BUSHING	2	AA-8229*G15
93	5/16" X 2" EYE-BOLT	1	HH-5548*G15
94	5/16" X 1 3/4" KNOB PIN	1	WW-7085*G15
95	1" I.D. SPRING RETAINER RING	6	HH-5423*G15
96	S HOOK	4	WW-7055*G15
97	LINK PIN - 3/8" O.D. - 1 1/2" X 2 1/2" LONG	1	WW-7083*G15
98	1" O.D. X 2 1/2" LONG PLASTIC BUSHING	2	AA-8272*G15
99	RUBBER BUMPER	4	AA-8124*G15
100	TOP MAST DECAL	1 SET	DE-4387*G15
101	WEIGHT PLATE DECAL	1 SET	DE-4387*G15
102	ARM PRESS DECAL	1	DE-4387*G15
103	STEPPER STATION DECAL	1	DE-4387*G15
104	RESISTANCE SCALE DECAL	2	DE-4387*G15
105	DIP STATION DECAL	1	DE-4387*G15
111	5/8" SPRING RETAINER RING	2	HH-5422*G15
112	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*G15
113	3/8" THREADED KNOB	3	HH-5341*G15
114	PULLEY - 2 7/8"	1	AA-8185*G15
115	SMALL ARM PAD	2	C1430-G15*G15
116	DIP STATION BACKREST	1	C1429-G15*G15
118	LAT CABLE - 132"	1	C6662-G15*G15
120	COUNTER WEIGHT BAR	2	HH-5551*G15
121	SET SCREW	4	HH-5554*G15
122	1 1/4" SQUARE PLASTIC INSERT CAP	2	AA-8069*G15
123	AB ARM	1	C4224-G15*G15
124	3 1/4" X 10" FOAM ROLLER	1	C0469-F23*G15
125	AB SEAT	1	C1431-G15*G15
126	LOW PULLEY CABLE - 213"	1	C6663-G15*G15

50503 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
127	HACK SLIDE CABLE - 207"	1	C6664-G15*G15
128	STEPPER CABLE - 60 1/4"	1	C6665-G15*G15
129	1/2" O.D. X 2" LONG METAL BUSHING	1	HH-5487*G15
130	LAT BAR	1	C6854-G15*G15
131	1/4" X 3 1/2" HEX HEAD BOLT	1	HH-5549*G15
132	1 3/4" SQUARE PLASTIC INSERT CAP (SHINY TEXTURE)	4	AA-8270*G15
133	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*G15
134	3/8" X 2" HEX HEAD BOLT	2	HH-5244*G15
135	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297*G15
136	3/8" X 3 1/2" HEX HEAD BOLT	2	HH-5062*G15
137	3/8" I.D. X 1" LONG METAL SPACER	2	HH-5491*G15
139	3/8" X 3 1/4" HEX HEAD BOLT	1	HH-5063*G15
140	WEIGHT SELECTOR PIN	2	WW-7086*G15
141	3/8" SPRING CLIP	1	WW-7043*G15
143	1/2" O.D. X 1 7/8" LONG METAL BUSHING	1	HH-5522*G15
144	1 1/8" O.D. X 1 7/8" LONG PLASTIC BUSHING	3	AA-8271*G15
145	WEIGHT ASSIST DIP STATION BRACKET	1	C7752-G15*G15
147	"L" LOCKING PINS - 5/16" X 4 1/2"	2	WW-7060*G15
148	5/16" X 1" HEX HEAD BOLT	1	HH-5332*G15
149	CABLE ADJUSTMENT BLOCK	1	HH-5553*G15
150	LEG STRAP / ARM CURL HANDLE	1	EE-0075*G15
151	LINKING CHAIN - 12"	1	WW-7072*G15
152	"J" PIN - 3/8" X 7"	1	WW-7084*G15
153	PULLEY PIVOT BRACKET - 2" X 3 1/2"	1	C7753-G15*G15
154	ACCESSORY ROPE	1	C6602-D23*G15
155	FIREMAN'S LATCH HOOK	1	WW-7042*G15
156	1/2" X 1 3/4" LONG METAL BUSHING	1	HH-5486*G15
	ASSEMBLY MANUAL	1	CNN-1268*G15
	WALL CHART	1	CNN-1269*G15
	HARDWARE BAG (STEPS 1 - 7)	1	C8822-G15*G15
	HARDWARE BAG (STEP 8 - 10)	1	C8823-G15*G15
	HARDWARE BAG (STEP 11 - 16)	1	C8824-G15*G15

50503 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
127	HACK SLIDE CABLE - 207"	1	C6664-G15*G15
128	STEPPER CABLE - 60 1/4"	1	C6665-G15*G15
129	1/2" O.D. X 2" LONG METAL BUSHING	1	HH-5487*G15
130	LAT BAR	1	C6854-G15*G15
131	1/4" X 3 1/2" HEX HEAD BOLT	1	HH-5549*G15
132	1 3/4" SQUARE PLASTIC INSERT CAP (SHINY TEXTURE)	4	AA-8270*G15
133	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*G15
134	3/8" X 2" HEX HEAD BOLT	2	HH-5244*G15
135	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297*G15
136	3/8" X 3 1/2" HEX HEAD BOLT	2	HH-5067*G15
137	3/8" I.D. X 1" LONG METAL SPACER	2	HH-5491*G15
139	3/8" X 3 1/4" HEX HEAD BOLT	1	HH-5063*G15
140	WEIGHT SELECTOR PIN	2	WW-7086*G15
141	3/8" SPRING CLIP	1	WW-7043*G15
143	1/2" O.D. X 1 7/8" LONG METAL BUSHING	1	HH-5522*G15
144	1 1/8" O.D. X 1 7/8" LONG PLASTIC BUSHING	3	AA-8271*G15
145	WEIGHT ASSIST DIP STATION BRACKET	1	C7752-G15*G15
147	"L" LOCKING PINS - 5/16" X 4 1/2"	2	WW-7060*G15
148	5/16" X 1" HEX HEAD BOLT	1	HH-5332*G15
149	CABLE ADJUSTMENT BLOCK	1	HH-5553*G15
150	LEG STRAP / ARM CURL HANDLE	1	EE-0075*G15
151	LINKING CHAIN - 12"	1	WW-7072*G15
152	"J" PIN - 3/8" X 7"	1	WW-7084*G15
153	PULLEY PIVOT BRACKET - 2" X 3 1/2"	1	C7753-G15*G15
154	ACCESSORY ROPE	1	C6602-D23*G15
155	FIREMAN'S LATCH HOOK	1	WW-7042*G15
156	1/2" X 1 3/4" LONG METAL BUSHING	1	HH-5486*G15
	ASSEMBLY MANUAL	1	CNN-1268*G15
	WALL CHART	1	CNN-1269*G15
	HARDWARE BAG (STEPS 1 - 7)	1	C8822-G15*G15
	HARDWARE BAG (STEP 8 - 10)	1	C8823-G15*G15
	HARDWARE BAG (STEP 11 - 16)	1	C8824-G15*G15

ORDERING PARTS

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR * OWNER'S REGISTRATION CARD * WITHIN THE NEXT 10 DAYS.

Simply mail you ***OWNER'S REGISTRATION CARD*** to receive all benefits to which you are entitled.

WARRANTY VERIFICATION : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

OWNER CONFIRMATION : Your completed **OWNER'S REGISTRATION CARD** serves as confirmation of ownership in the event of product loss or theft.

1. YOUR OWNER'S I.D. CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.

2. PARTS MAY BE ORDERED USING THE PARTS ORDER CARD WHICH IS INCLUDED WITH THIS PRODUCT OR BY CALLING OUR PRODUCT SERVICE NUMBER: 1-800-225-0653.

3. BEFORE ORDERING PARTS BY PHONE HAVE READY THE FOLLOWING INFORMATION TO EXPEDITE YOUR ORDER:

1. Name of the Product **(POWERGUIDE X5)**
2. Model Number of the Product **(50503)**
3. Ordering Number of the Part (See Parts List Page)
4. Description of the Part from the Parts List Page.
5. Country of the Manufacturer (See Cover)

THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.

If you need parts or assistance do not return this product to the store, simply contact **WEIDER CUSTOMER ASSISTANCE** at **1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.**

Extended Seasonal Hours (Dec. 1 - Feb 28) Monday through Friday 7 a.m. to 9 p.m.; Saturday 9 a.m. to 5 p.m.; Sunday 12 p.m. to 4 p.m.

All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.

IMPORTANT

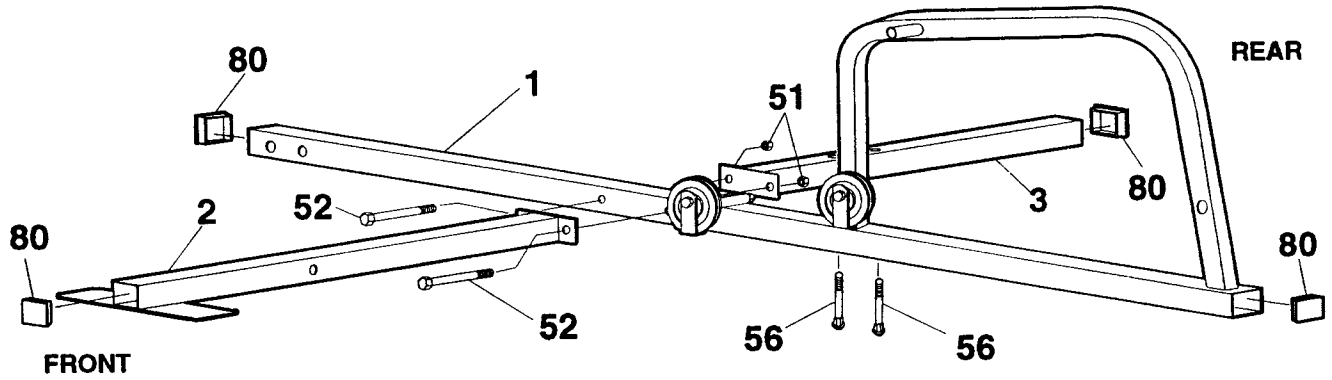
SOME OF THE ASSEMBLIES HAVE BEEN DONE AT THE FACTORY FOR YOUR CONVENIENCE. THESE PRE-ASSEMBLED PARTS HAVE ONLY BEEN FASTENED FINGER TIGHT. YOU WILL INSTRUCTED TO TIGHTEN EACH OF THESE ASSEMBLIES DURING THE STEP INSTRUCTIONS. DOUBLE CHECK THESE ASSEMBLIES AND TIGHTEN THEM AS INSTRUCTED.

STEP 1 BASE FRAME ASSEMBLY

PART NAME	QTY
51 5/16" NYLON LOCK NUT	2
52 5/16" X 2 1/2" HEX HEAD BOLT	2
56 5/16" X 2 1/2" CARRIAGE BOLT	2
80 2" SQUARE PLASTIC INSERT CAP	4

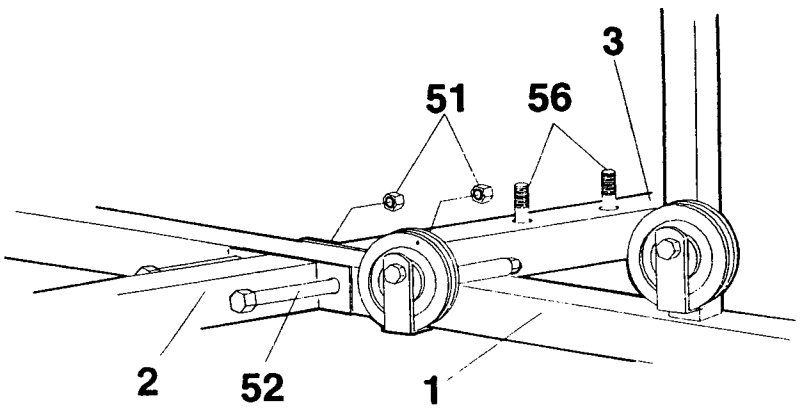
☐ *Begin by capping the ends of the* **CENTER BASE (1)** *with* **2" SQUARE PLASTIC INSERT CAPS (80).**

☐ *Cap the one end of both the* **FRONT BASE (2)** *and the* **REAR BASE (3)** *with* **2" SQUARE PLASTIC INSERT CAPS (80).**



☐ *Assemble the* **FRONT BASE (2)** *and the* **REAR BASE (3)** *to the middle of the* **CENTER BASE (1)** *using* **5/16" X 2 1/2" HEX HEAD BOLTS (52)** *to bolt through the brackets of the Front Base, through the Center Base, and then through the brackets of the Rear Base. Secure with* **5/16" NYLON LOCK NUTS (51). (SEE DETAIL A)**

☐ *Insert two* **5/16" X 2 1/2" CARRIAGE BOLTS (56)** *up through the bottom of the* **REAR BASE (3)** *in the hole locations near the* **CENTER BASE (1).** *This assembly will be completed in a later step.*



DETAIL A

STEP 2 GUIDE ROD ASSEMBLY

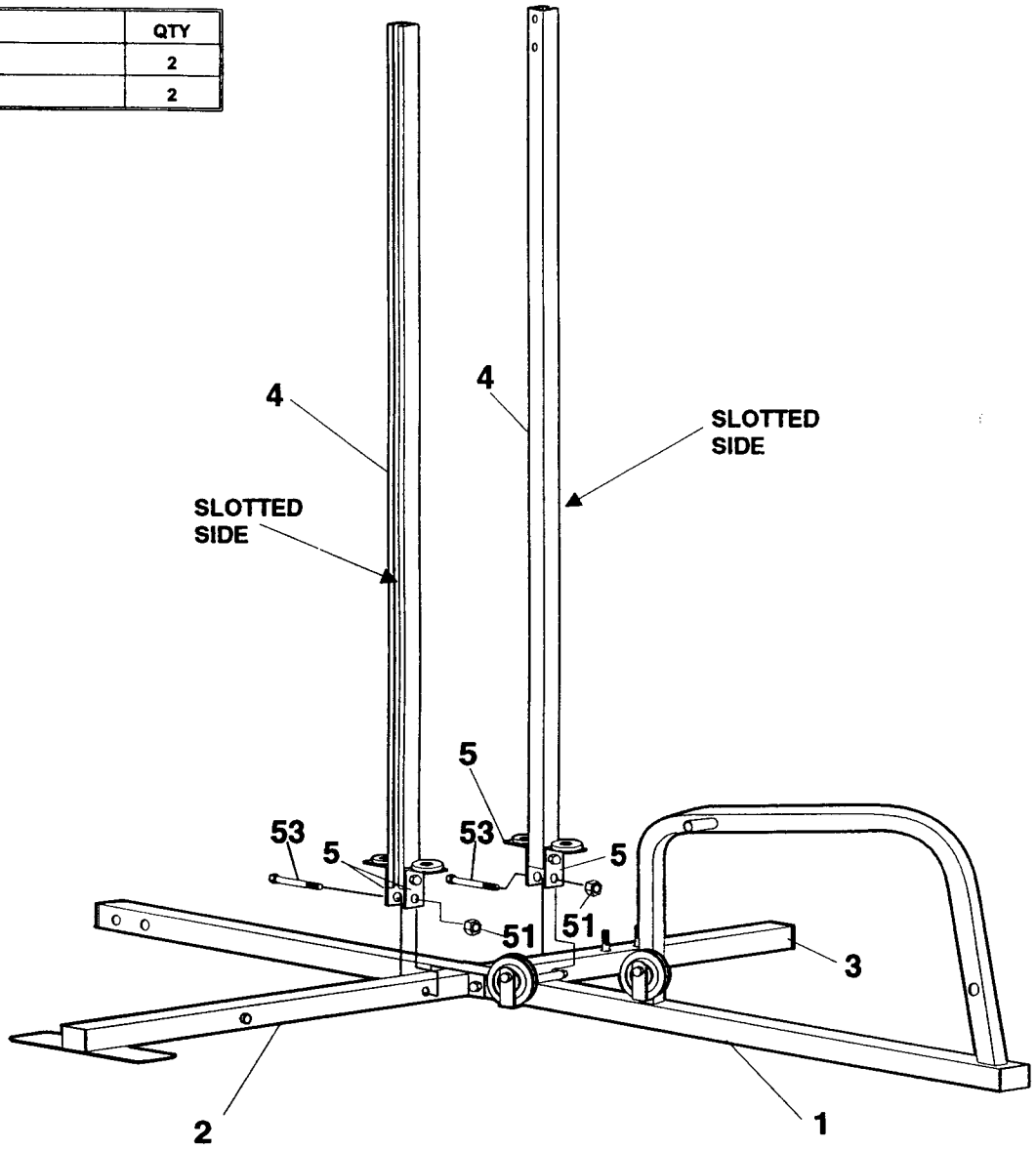
PART NAME	QTY
51 5/16" NYLON LOCK NUT	2
53 5/16" X 3" HEX HEAD BOLT	2

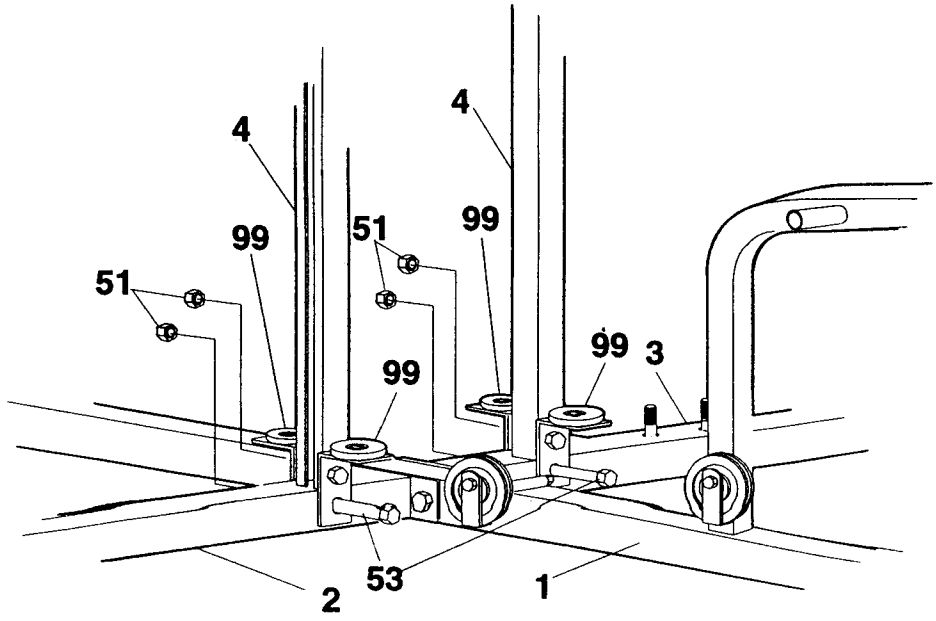
☐ *Assemble the end of the* **GUIDE RODS (4)** *with the pre-assembled* **BUMPER "L" BRACKETS (5)** *to the top of the* **FRONT BASE (2)** *and the* **REAR BASE (3)** *at the hole locations near the center. Using* **5/16" X 3" HEX HEAD BOLTS (53),** *bolt through one Bracket, the Base Frame, and then the other Bracket. Secure with* **5/16" NYLON LOCK NUTS (51).**

» *Note that the Slotted Sides of the* **GUIDE RODS (4)** *face away from the center.*

» *Note:* **NYLON LOCK NUT (51)** *must not be over-tightened. Tighten just enough to get a few threads past the nylon lock ring.*

» **NOTE:** *Tighten the Machine Screw and Lock Nut that assembles the* **ROUND RUBBER BUMPER (99)** *to the* **BUMPER L-BRACKET (5)** *now, before the weights are stacked on.*

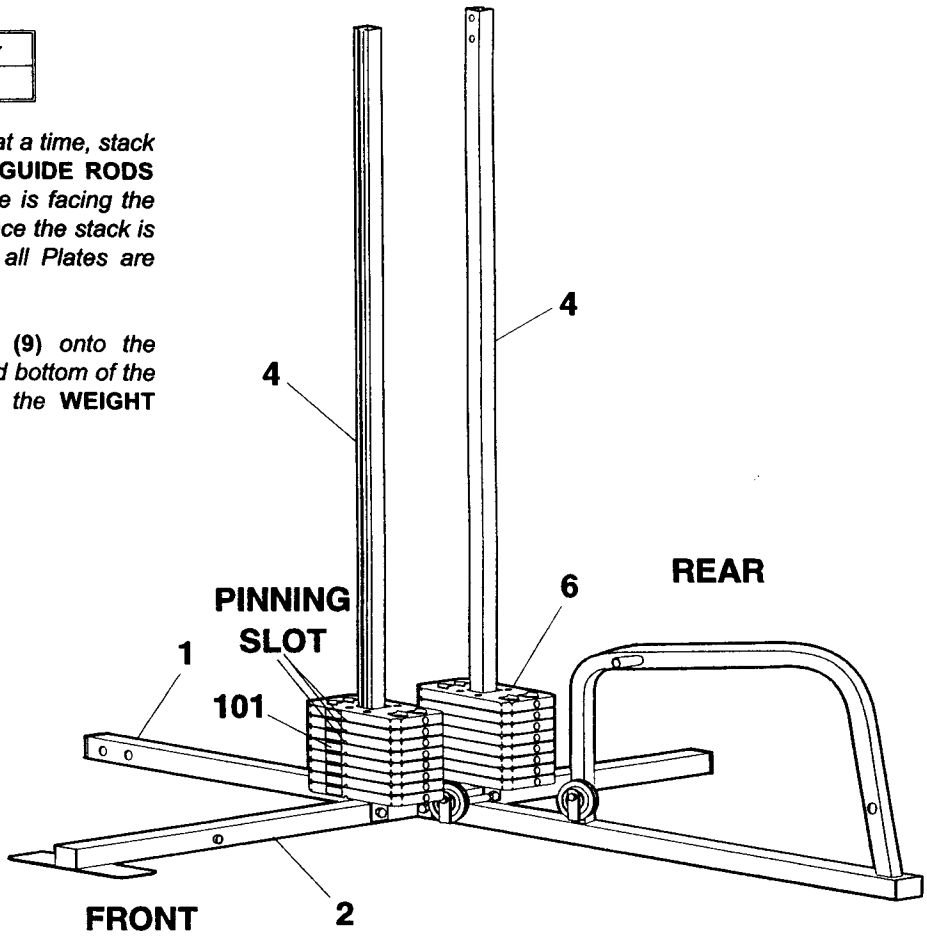


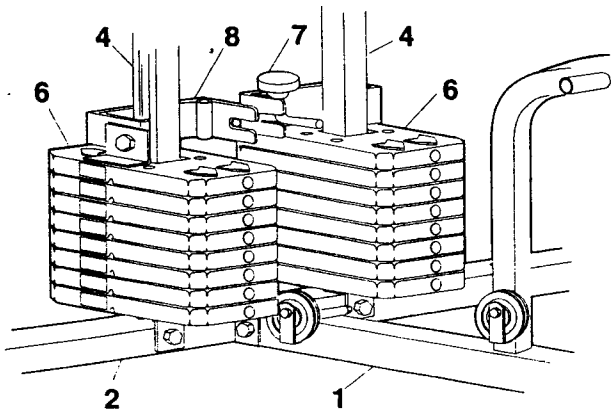


STEP 3 WEIGHT STACK ASSEMBLY

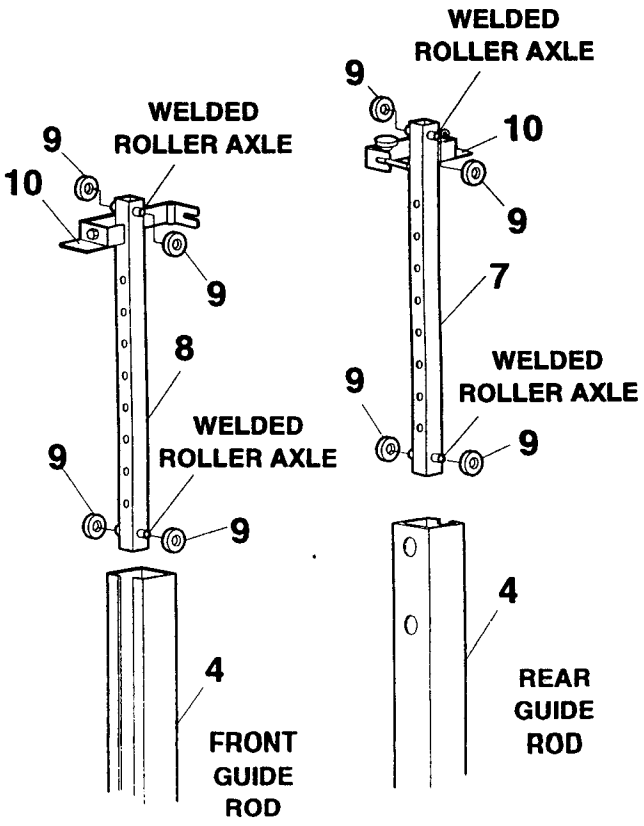
PART NAME	QTY
9 NYLON GUIDE WHEEL	8

- ☐ *Working with one* **WEIGHT PLATE (6)** *at a time, stack eight Weight Plates onto each of the* **GUIDE RODS (4)** *so that the Pinning Slot in the Plate is facing the floor and also facing to the outside. Once the stack is complete, check again to make sure all Plates are positioned properly.*
- ☐ *Assemble* **NYLON GUIDE WHEELS (9)** *onto the Welded Roller Axles at both the top and bottom of the* **WEIGHT SELECTOR TUBE (8)** *and the* **WEIGHT SELECTOR TUBE W/KNOB (7).**
- ☐ *Insert the* **WEIGHT SELECTOR TUBE W/KNOB (7)** *down inside the top of the* **GUIDE ROD (4)** *located on the* **REAR BASE (3)** *and slide down the Guide Rod to the Weight Stack.*
- ☐ *Assemble the other* **WEIGHT SELECTOR TUBE (8)** *down into the top of the* **GUIDE ROD (4)** *located on the* **FRONT BASE (2)** *and slide down the Guide Rod to the Weight Stack.*
- ☐ *Remove the* **WEIGHT PLATE DECALS (101)** *from the backing sheet and affix to the edge of the* **WEIGHT PLATES (6)** *just to the side of the Pinning Slots. Decals should progress from the lightest Weight on the top Plate to the heaviest Weight at the bottom.*





FINISHED ASSEMBLY



STEP 4 MAIN UPRIGHT ASSEMBLY

PART NAME	QTY
51 5/16" NYLON LOCK NUT	1
55 5/16" X 2 1/4" HEX HEAD BOLT	1
60 3/8" FLAT WASHER	2
61 3/8" NYLON LOCK NUT	1
62 3/8" X 4 3/4" HEX HEAD BOLT	1
80 2" SQUARE PLASTIC INSERT CAP	1
81 2" x 4" PLASTIC INSERT CAP	1

☐ *Press a* **2" X 4" PLASTIC INSERT CAP (81)** *into the* **TOP MAIN UPRIGHT (11).**

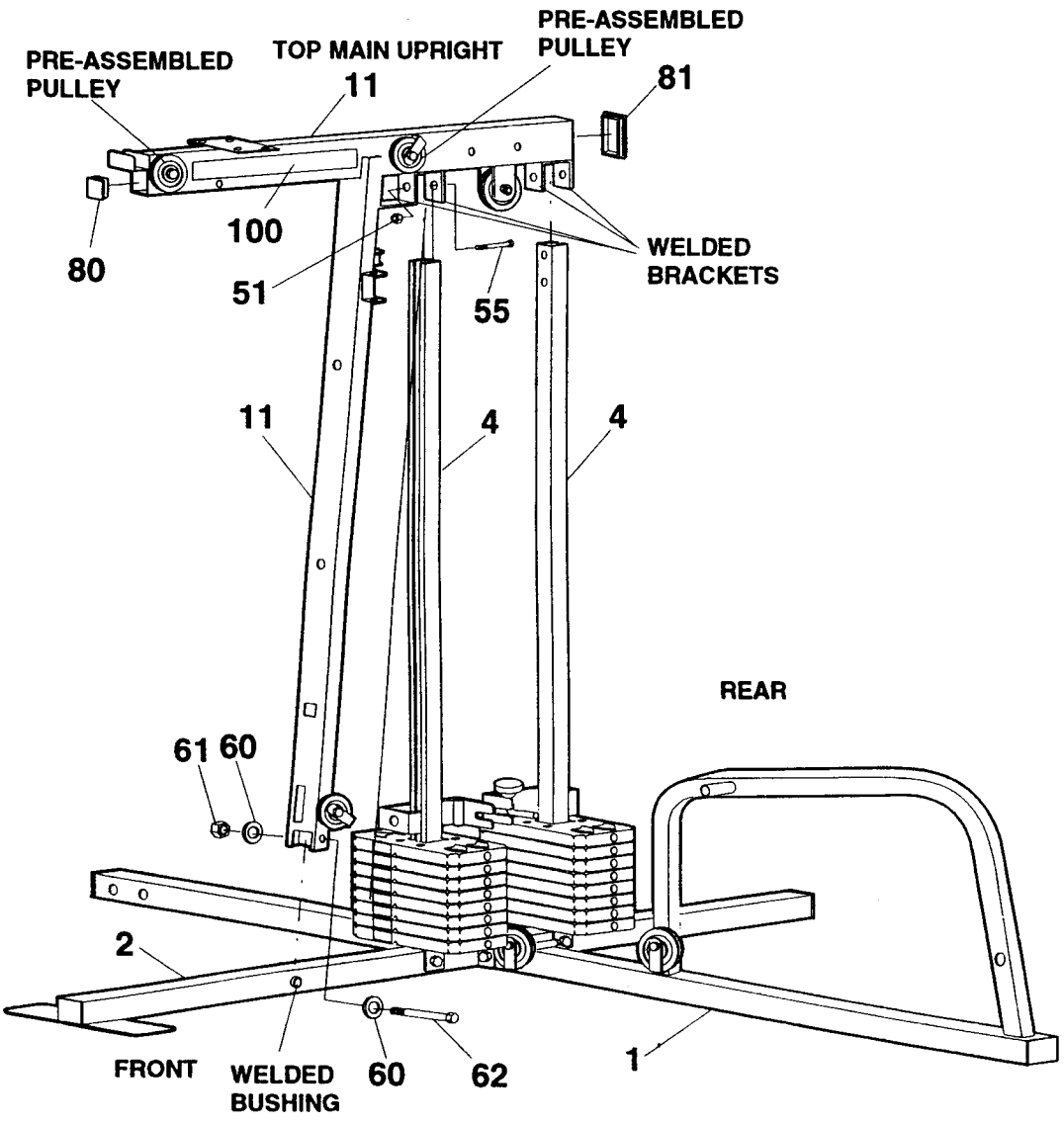
☐ *Press a* **2" SQUARE PLASTIC INSERT CAP (80)** *into the* **TOP MAIN UPRIGHT (11).**

☐ *Assemble the top of the* **MAIN UPRIGHT (11)** *to the top of the* **GUIDE RODS (4)** *by straddling the Welded Brackets on the Upright over the Guide Rods. At the same time, straddle the bottom of the Main Upright over the* **FRONT BASE (2).**

☐ *Bolt* **ONLY** *the front* **GUIDE ROD (4)** *to the Welded Brackets on the* **UPRIGHT (11)** *using a* **5/16" X 2 1/4" HEX HEAD BOLT (55)** *to bolt through one Bracket, through the Guide Rod, and then through the other Bracket. Secure with a* **5/16" NYLON LOCK NUT (51).**

☐ *Assemble the bottom of the* **MAIN UPRIGHT (11)** *to the* **FRONT BASE (2)** *by first assembling a* **3/8" FLAT WASHER (60)** *onto a* **3/8" X 4 3/4" HEX HEAD BOLT (62)** *and then bolting through the Upright and then through the Welded Bushing on the Base. Assemble another* **3/8" FLAT WASHER (60)** *onto the Bolt and secure with a* **3/8" NYLON LOCK NUT (61).**

☐ *Remove the* **TOP MAST DECAL (100)** *from the backing sheet and position the Decal to the side of the* **TOP MAIN UPRIGHT (11)** *in between the two assembled Pulleys.*



STEP 5 STEPPER UPRIGHT ASSEMBLY

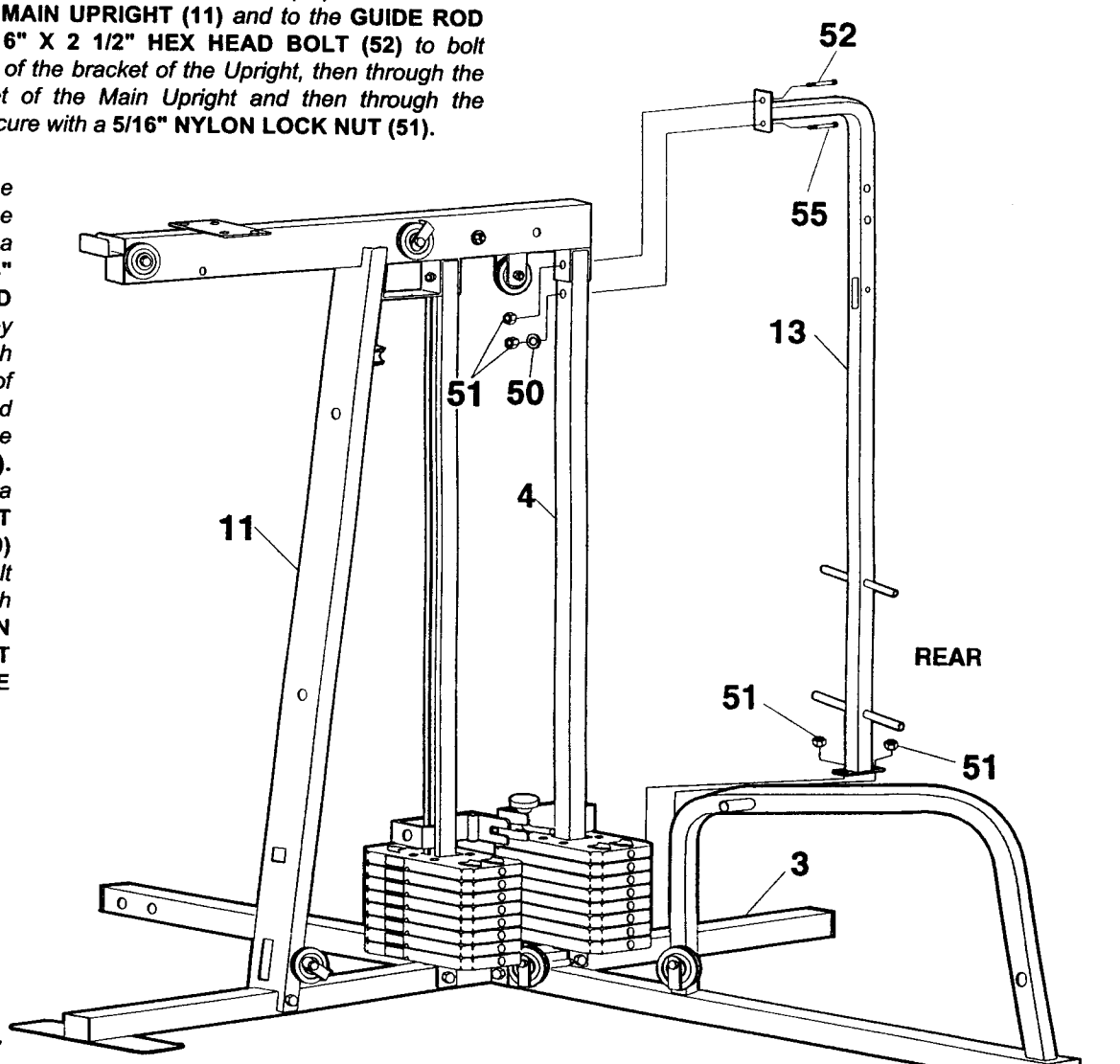
PART NAME	QTY
50 5/16" FLAT WASHER	1
51 5/16" NYLON LOCK NUT	4
52 5/16" X 2 1/2" HEX HEAD BOLT	1
55 5/16" X 2 1/4" HEX HEAD BOLT	1

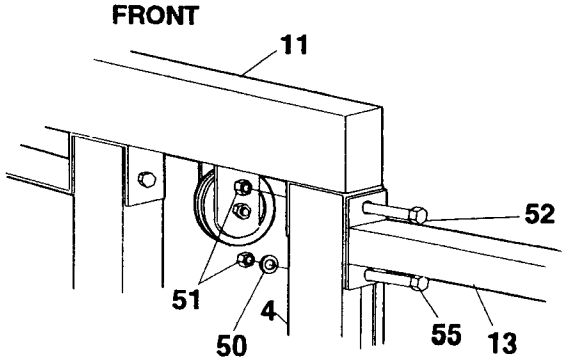
☐ *Assemble the* **STEPPER UPRIGHT (13)** *onto the* **5/16" X 2 1/2" CARRIAGE BOLTS (56)** *previously assembled into the* **REAR BASE (3)** *in Step 1.* **(SEE DETAIL B)**

☐ *Attach the top of the* **STEPPER UPRIGHT (13)** *to the Welded Bracket on the* **MAIN UPRIGHT (11)** *and to the* **GUIDE ROD (4)** *using a* **5/16" X 2 1/2" HEX HEAD BOLT (52)** *to bolt through the top of the bracket of the Upright, then through the Welded Bracket of the Main Upright and then through the Guide Rod. Secure with a* **5/16" NYLON LOCK NUT (51).**

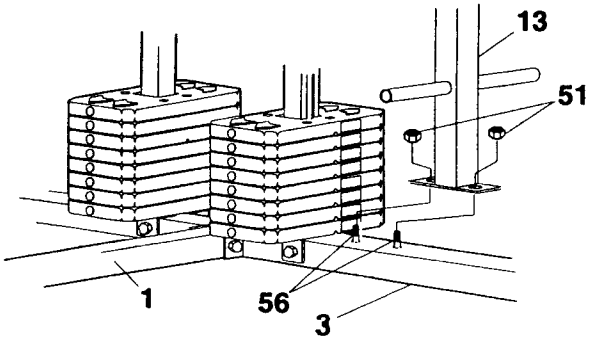
☐ *Attach the bottom of the bracket with a* **5/16" X 2 1/4" HEX HEAD BOLT (55)** *by bolting through the Bracket of the Upright and then through the* **GUIDE ROD (4).** *Assemble a* **5/16" FLAT WASHER (50)** *onto the Bolt and fasten with a* **5/16" NYLON LOCK NUT (51). (SEE DETAIL A)**

☐ *Return to the base of the* **STEPPER UPRIGHT (13)** *and secure the previously assembled* **BOLTS (56)** *with* **5/16" NYLON LOCK NUTS (51). (SEE DETAIL B)**





DETAIL A



DETAIL B

STEP 6 HACK SQUAT UPRIGHT ASSEMBLY

PART NAME	QTY
50 5/16" FLAT WASHER	3
51 5/16" NYLON LOCK NUT	4
52 5/16" X 2 1/2" HEX HEAD BOLT	3
57 5/16" X 3 1/2" HEX HEAD BOLT	1
82 1" X 3" PLASTIC INSERT CAP	1

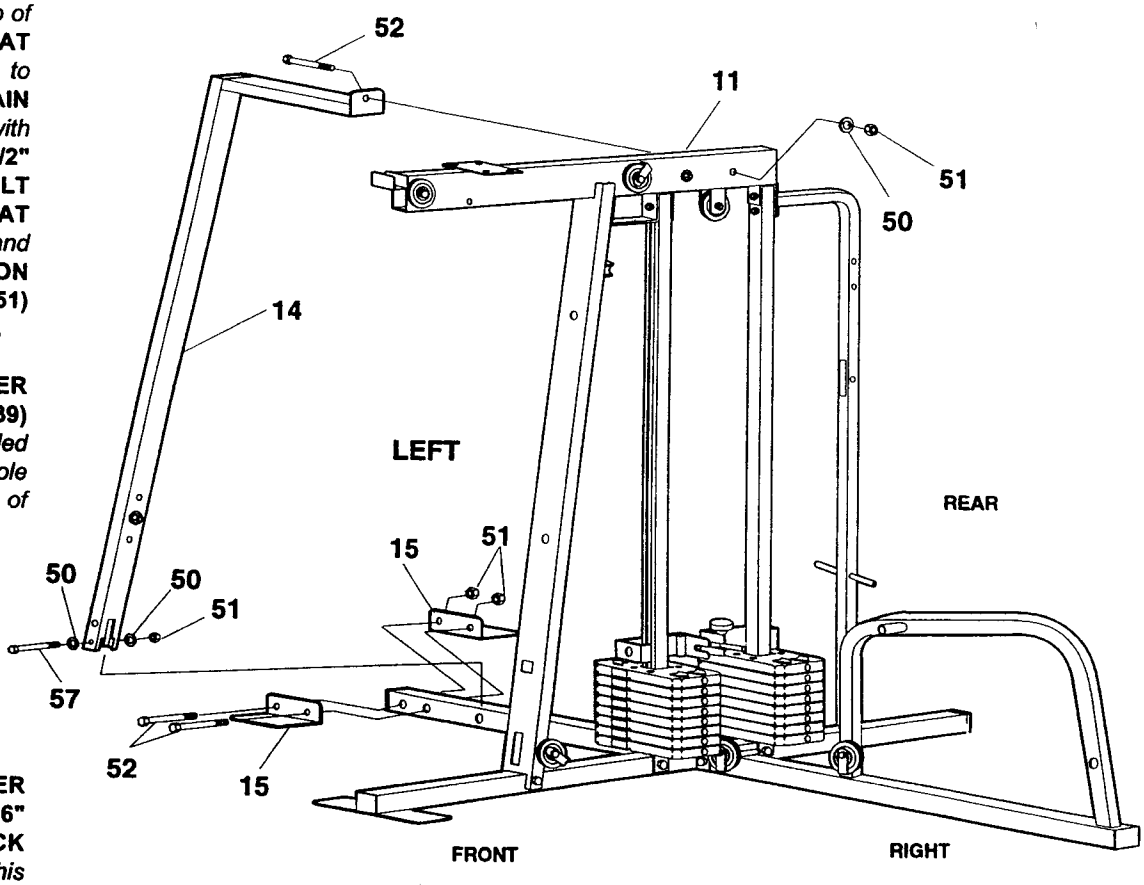
☐ *Press a* **1" X 3" PLASTIC INSERT CAP (82)** *into the top end of the* **HACK SQUAT UPRIGHT (14). (SEE DETAIL "A")**

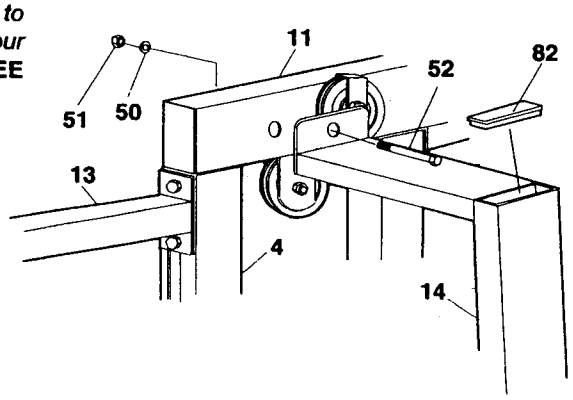
☐ *Assemble the* **BASE PLATES (15)** *to the sides of the* **CENTER BASE (1)** *using* **5/16" X 2 1/2" HEX HEAD BOLTS (52)** *to bolt through one Base Plate, then the Base, and then the other Base Plate. Secure with* **5/16" NYLON LOCK NUTS (51).**

☐ *Assemble a* **5/16" FLAT WASHER (50)** *onto a* **5/16" X 3 1/2" HEX HEAD BOLT (57)** *and attach the* **HACK SQUAT UPRIGHT (14)** *to the* **CENTER BASE (1)** *by straddling the Upright over the Base and then bolting through the Upright and then the Base. Assemble another* **5/16" FLAT WASHER (50)** *onto the Bolt and fasten with a* **5/16" NYLON LOCK NUT (51).**

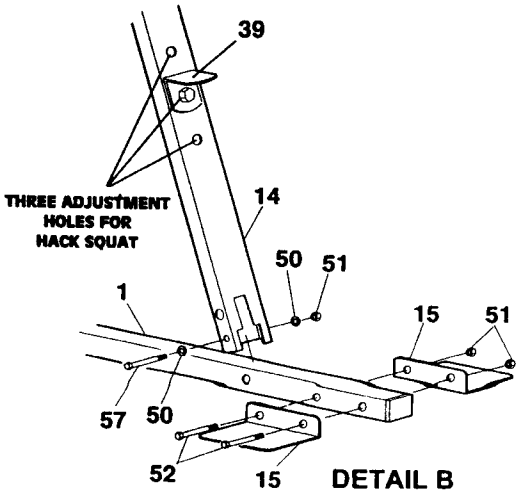
☐ *Assemble the top of the* **HACK SQUAT UPRIGHT (14)** *to the* **TOP MAIN UPRIGHT (11)** *with a* **5/16" X 2 1/2" HEX HEAD BOLT (52),** *a* **5/16" FLAT WASHER (50),** *and a* **5/16" NYLON LOCK NUT (51) (SEE DETAIL A).**

☐ *The* **STOPPER BRACKET (39)** *was pre-assembled into the center hole in the series of three holes on the lower portion of the Hack Squat Upright , using a* **5/16" X 1 3/4" HEX HEAD BOLT (59),** *a* **5/16" FLAT WASHER (50),** *and a* **5/16" NYLON LOCK NUT (51).** *This Bracket can be adjusted to the top or bottom hole to adjust for your height* **(SEE DETAIL B).**





DETAIL A



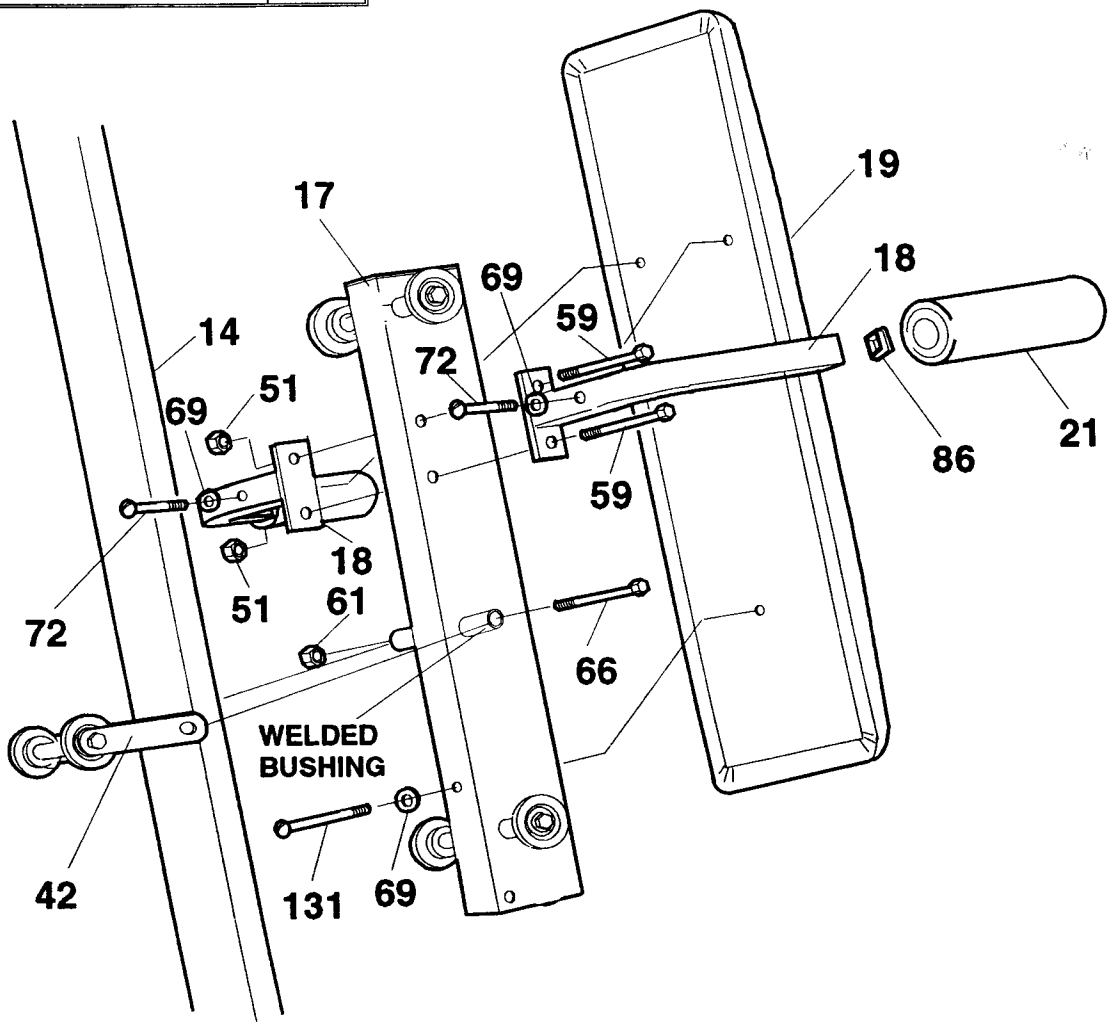
DETAIL B

STEP 7 HACK SQUAT ASSEMBLY

PART NAME	QTY
51 5/16" NYLON LOCK NUT	2
59 5/16" X 1 3/4" HEX HEAD BOLT	2
61 3/8" NYLON LOCK NUT	1
66 3/8" X 4 1/2" HEX HEAD BOLT	1
69 1/4" FLAT WASHER	3
72 1/4" X 2 1/2" ROUND HEAD MACHINE SCREW	2
86 1 1/2" SQUARE PLASTIC INSERT CAP	2
131 1/4" X 3 1/2" HEX HEAD BOLT	1

☐ *Press* **1 1/2" SQUARE PLASTIC INSERT CAPS (86)** *into the ends of the* **HACK SQUAT ARMS (18).**

☐ *Assemble the* **HACK SQUAT ARMS (18)** *to the sides of the* **HACK SLIDE FRAME (17)** *using* **5/16" X 1 3/4" HEX HEAD BOLTS (59)** *to bolt through the brackets of one Arm, then through the Slide Frame Assembly, and then the other Arm. Secure with* **5/16" NYLON LOCK NUTS (51).**



☐ *Attach the* **HACK SQUAT BACKREST (19)** *to the bottom of the* **HACK SLIDE FRAME (17)** *with a* **1/4" FLAT WASHER (69)** *and a* **1/4" X 3 1/2" HEX HEAD BOLT (131).** *Using* **1/4" X 2 1/2" ROUND HEAD MACHINE SCREWS (72)** *and* **1/4" FLAT WASHERS (69)** *bolt the top of the Backrest to the* **HACK SQUAT ARMS (18)** *by bolting through the back of the Arms and into the Backrest.*

☐ *Attach the* **HACK SQUAT FRAME (17)** *to the* **HACK SQUAT UPRIGHT (14)** *using the* **RETAINING PLATE (42)** *Assembly to straddle the Upright from the back and attach to the Welded Bushing on the Slide Frame. Secure in place using a* **3/8" X 4 1/2" HEX HEAD BOLT (66)** *and a* **3/8" NYLON LOCK NUT (61).** *Rotate the Wheel Strap tightly against the Upright and tighten securely.*

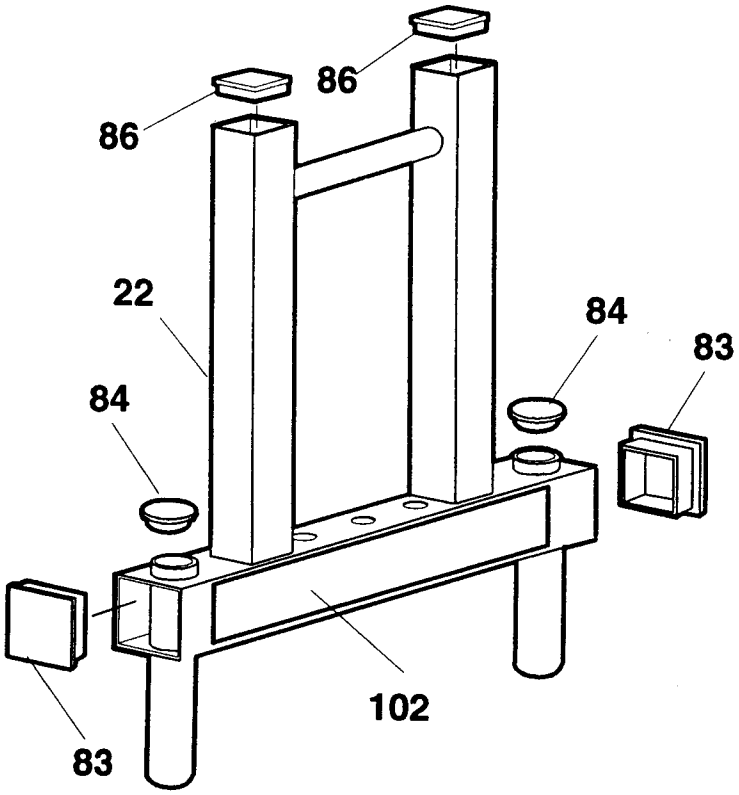
» **NOTE:** *To the end of each Hack Squat Arm, wipe a small amount of liquid dish detergent along the length of the Arms. This helps in the assembly of the Foam Rollers. When the detergent dries, it acts as an adhesive.*

☐ *Slide the* **3 3/4" X 8" FOAM ROLLERS (21)** *onto the ends of the* **HACK SQUAT ARMS (18).**

» **IMPORTANT: It is very important at this time to tighten all the bolts of the pre-assembled parts. The pre-assemblies done at the factory are finger-tight only and must be tightened.**

STEP 8 ARM PRESS ASSEMBLY

PART NAME	QTY
23 4" LONG HALF ROUND PLASTIC PIVOT BUSHING	2
50 5/16" FLAT WASHER	4
51 5/16" NYLON LOCK NUT	2
55 5/16" X 2 1/4" HEX HEAD BOLT	2
70 1/4" NYLON LOCK NUT	4
71 1/4" X 3/4" ROUND HEAD SCREW	4
76 1/2" NYLON LOCK NUT	1
77 1/2" X 8" HEX HEAD BOLT	1
83 1 3/4" SQUARE PLASTIC INSERT CAP (DULL TEXTURE)	6
84 1" ROUND PLASTIC INSERT CAP	4
85 1" ROUND PLASTIC COVER CAP	2
86 1 1/2" SQUARE PLASTIC INSERT CAP	2
88 1/2" I.D. X 2 5/8" LONG METAL BUSHING	2
89 1/2" O.D. X 3/8" LONG METAL SPACER	2
95 1" I.D. SPRING RETAINER RING	4
132 1 3/4" SQUARE PLASTIC CAP (SHINY TEXTURE)	4



☐ *Cap each end of the bottom cross-member tube of the* **ARM PRESS PIVOT FRAME (22)** *with* **1 3/4" SQUARE PLASTIC INSERT CAPS (83).**

☐ *Cap the top of the* **ARM PRESS FRAME (22)** *with* **1 1/2" SQUARE PLASTIC INSERT CAPS (86)**

☐ *Cap the top of the Pivot Tubes with a* **1" ROUND PLASTIC INSERT CAP (84).**

☐ *Assemble a* **1/2" I.D. X 2 5/8" LONG METAL BUSHING (88)** *onto a* **1/2" X 8" HEX HEAD BOLT (77)** *and insert into the hole at the end of the* **MAIN UPRIGHT (11).** *Assemble another* **1/2" I.D. X 2 5/8" LONG METAL BUSHING (88)** *onto the Bolt and secure with a* **1/2" NYLON LOCK NUT (76).**

☐ *Fit a* **4" LONG HALF ROUND PLASTIC PIVOT BUSHING (23)** *onto the* **ARM PRESS PIVOT FRAME (22).** *Assemble this around the round tube welded between the Arm Press Frame. Position a second* **PIVOT BUSHING (23)** *around the tube.*

☐ *Assemble the* **ARM PRESS ASSEMBLY (22)** *over the top end of the* **MAIN UPRIGHT (11).**

☐ *Place the* **ARM PRESS CAP (24)** *on top of the* **ARM PRESS PIVOT BUSHING (23).** *Align the bolt holes in the Arm Press Cap with the bolt holes in the plated welded to the top side of the* **MAIN UPRIGHT (11).**

☐ *Bolt the assembly to the* **MAIN UPRIGHT (11)** *with four* **1/4" X 3/4" ROUND HEAD SCREWS (71).** *The two Screws on the right side of the assembly will be bolted down through the top of the* **ARM PRESS CAP (24)** *and then through the Flat Welded Plate on the Main Upright while the two Screws on the left side of the assembly will be bolted up through the bottom of the Flat Welded Plate and then into the Cap. Secure each with a* **1/4" NYLON LOCK NUT (70).**

☐ *Remove the* **ARM PRESS DECAL (102)** *from the backing sheet and position the Decal to the front of the Cross Tube on the* **ARM PRESS PIVOT FRAME (22).**

☐ *Cap each end of the* **ARM PRESS ARMS (25)** *and* **(26)** *with* **1 3/4" SQUARE PLASTIC INSERT CAPS (132).**

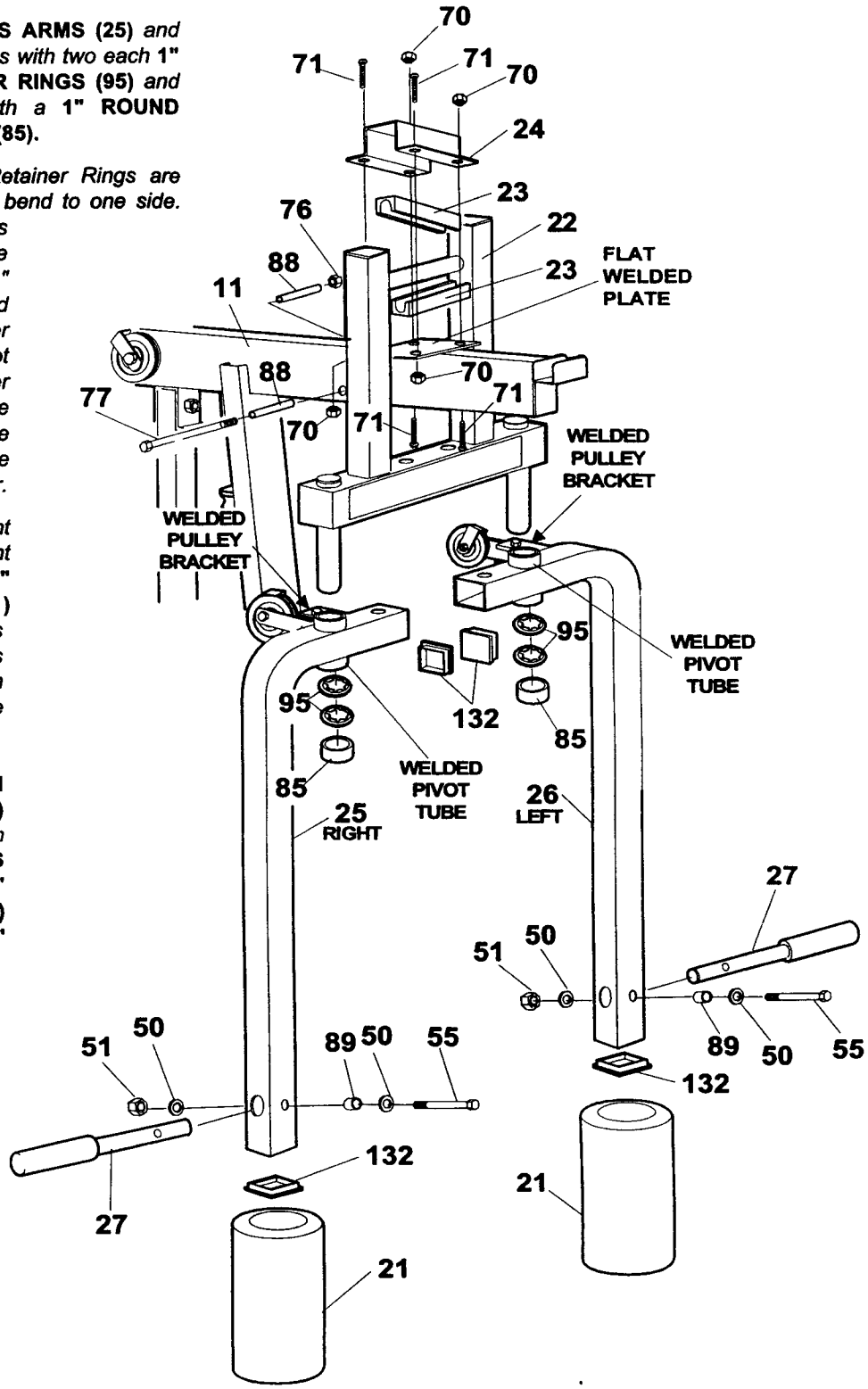
☐ *Press the* **ARM PRESS ARMS (25)** *and* **(26)** *onto the 1" Welded Pivot Tubes in the* **ARM PRESS PIVOT FRAME (22)** *so that the Welded Pulley Brackets face to the rear of the gym.*

☐ *Secure the* **ARM PRESS ARMS (25)** *and* **(26)** *onto the Pivot Tubes with two each* **1" I.D. SPRING RETAINER RINGS (95)** *and cap the Tube end with a* **1" ROUND PLASTIC COVER CAP (85).**

» **NOTE:** *The Spring Retainer Rings are made so that the teeth bend to one side. Align the Retainer Rings so that the teeth are pointed down. The 1" Cover Cap can be used to help drive the Retainer Rings onto the Pivot Tube. Align the Retainer Rings and Cap with the Tube and lightly drive the assembly in place with the aid of a hammer.*

☐ *Squeeze a small amount of liquid dish detergent into the* **3 3/4" X 8" FOAM ROLLERS (21)** *and slide the rollers onto the Arm Press Arms and position them about 5" up from the Arm Press Arm end.*

☐ *Insert the* **1" X 7" ARM PRESS HANDLES (27)** *into the bottom section of the* **ARM PRESS ARMS (25).** *Fit a* **5/16" FLAT WASHER (50)** *and a* **1/2" O.D. X 3/8" LONG METAL SPACER (89)** *onto a* **5/16" X 2 1/4" HEX HEAD BOLT (55) and** *attach the Handle into the Arm Press Arm. Fasten with another* **5/16" FLAT WASHER (50)** *and a* **5/16' NYLON LOCK NUT (51).**

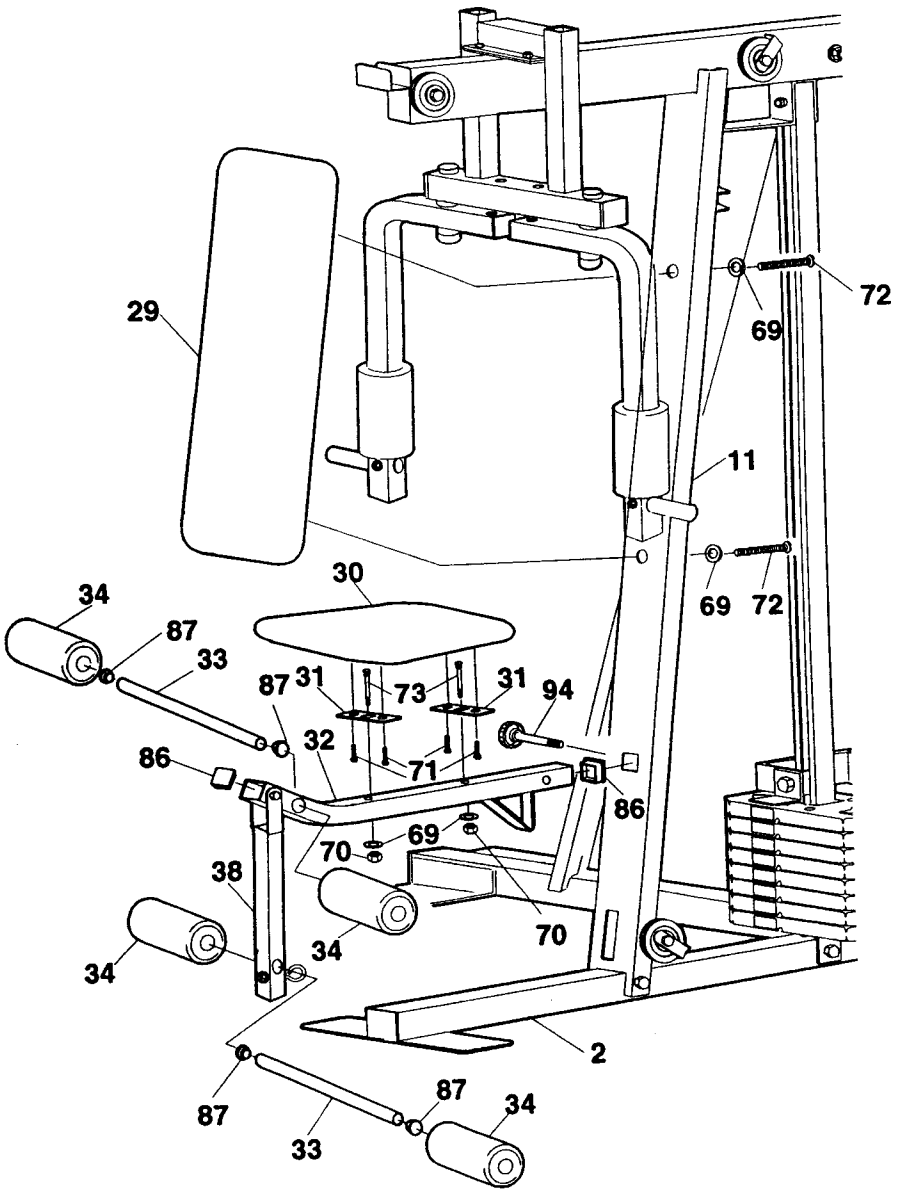


STEP 9 BACKREST, SEAT & LEG CURL ASSEMBLY

PART NAME	QTY
69 1/4" FLAT WASHER	4
70 1/4" NYLON LOCK NUT	2
71 1/4" X 3/4" ROUND HEAD MACHINE SCREW	4
72 1/4" X 2 1/2" ROUND HEAD MACHINE SCREW	2
73 1/4" X 2" CARRIAGE BOLT	2
86 1 1/2" SQUARE PLASTIC INSERT CAP	2
87 3/4" ROUND PLASTIC INSERT CAP	4
94 KNOB PIN	1

☐ *Assemble the* **ARM PRESS BACKREST (29)** *to the* **MAIN UPRIGHT (11)** *by first assembling* **1/4" FLAT WASHER (69)** *onto two* **1/4" X 2 1/2" ROUND HEAD MACHINE SCREWS (72)** *and then bolting through the back of the Upright and into the Backrest.*

☐ *Cap the ends of the* **SEAT FRAME (32)** *with* **1 1/2" SQUARE PLASTIC INSERT CAPS (86).** *Orient the Seat Frame so that the end of the Frame turns upward. Insert the Seat Frame into the opening in the* **MAIN UPRIGHT (11)** *and secure with a* **KNOB PIN (94).**



☐ *Attach the* **SEAT MOUNTING PLATES (31)** *(These are flat brackets 2" X 6" with two round holes and a square hole in the center.) to the top ;side of the* **SEAT FRAME (32)** *by bolting down through the Seat Mounting Plates and then through the Seat Frame with* **1/4" X 2" CARRIAGE BOLTS (73).** *Assemble* **1/4" FLAT WASHER (69)** *onto the Bolts and secure with* **1/4" NYLON LOCK NUTS (70). DO NOT TIGHTEN AT THIS TIME.**

☐ *Locate the* **ARM PRESS SEAT (30)** *over the* **SEAT MOUNTING PLATES (31)** *so that the wide end of the Seat is to the front of the unit. Assemble up through the Plates and into the bottom of the Seat with* **1/4" X 3/4" ROUND HEAD MACHINE SCREWS (71).** *Now, tighten the Carriage Bolts holding the Plates.*

☐ *Press a* **3/4" ROUND PLASTIC INSERT CAP (87)** *into the ends of a* **3/4" X 15 1/4" LONG PAD BAR (33).** *Wipe a small amount of liquid dish detergent along the length of the Pad Bar. This will help in the assembly of the Foam Roller. When the detergent dries, it will also act as an adhesive. Insert the Pad Bar into a* **3 1/4" X 7" FOAM ROLLER (34).**

☐ *Insert the Pad Bar assembly into the larger access hole at the end of the* **SEAT FRAME (32)** *and slide on a second* **3 1/4" X 7" FOAM ROLLER (34).**

☐ *Insert a* **3/4" ROUND PLASTIC INSERT CAP (87)** *into each end of a* **3/4" X 15 1/4" PAD BAR (33).** *Wipe a small amount of liquid dish detergent along the length of the Pad Bar and push into a* **3 1/4" X 7" FOAM ROLLER (34).**

☐ *Insert the Pad Bar assembly into the larger access hole at the bottom of the* **LEG EXTENSION (38)** *and slide on another* **3 1/4" X 7" FOAM ROLLER (34).**

STEP 10 STEPPER ASSEMBLY

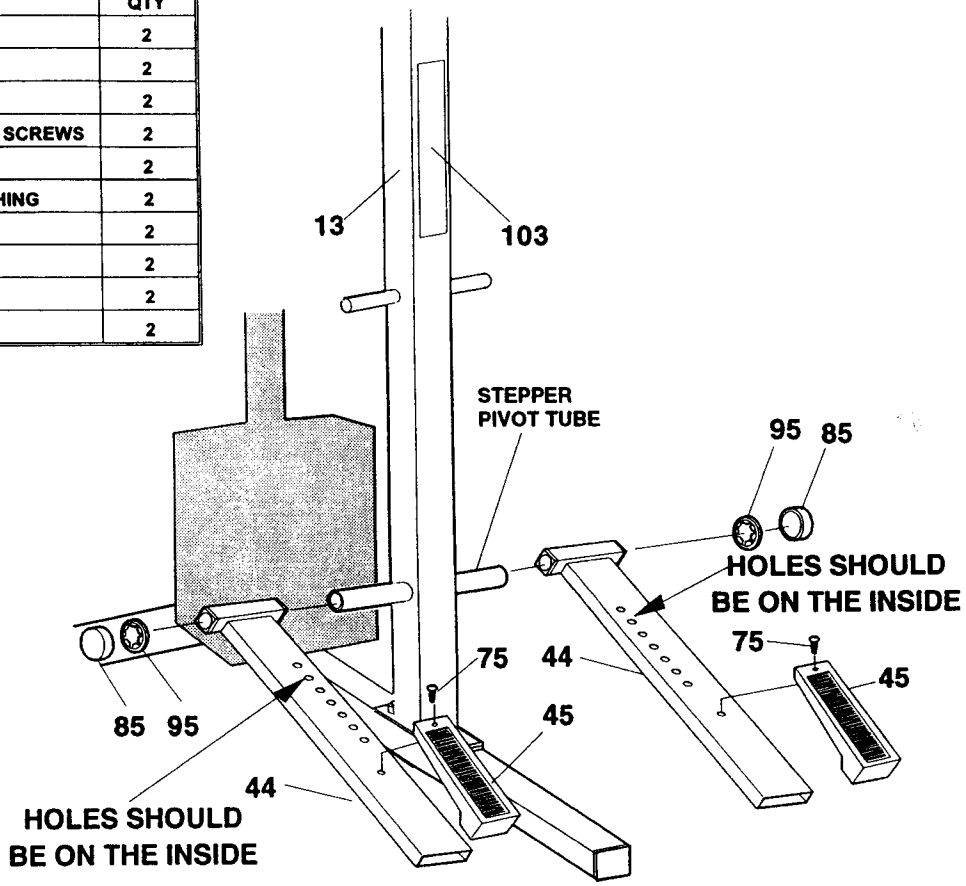
PART NAME	QTY
51 5/16" NYLON LOCK NUT	2
58 5/16" x 1 1/2" HEX HEAD BOLT	2
60 3/8" FLAT WASHER	2
75 1/2" LONG SELF TAPPING PHILLIPS HEAD SCREWS	2
85 1" ROUND PLASTIC COVER CAP	2
92 5/8" I.D. X 1 1/4" FLAIR END PLASTIC BUSHING	2
95 1" SPRING RETAINER RING	2
111 5/8" SPRING RETAINER RING	2
112 5/8" ROUND PLASTIC COVER CAP	2
113 3/8" THREAD KNOB	2

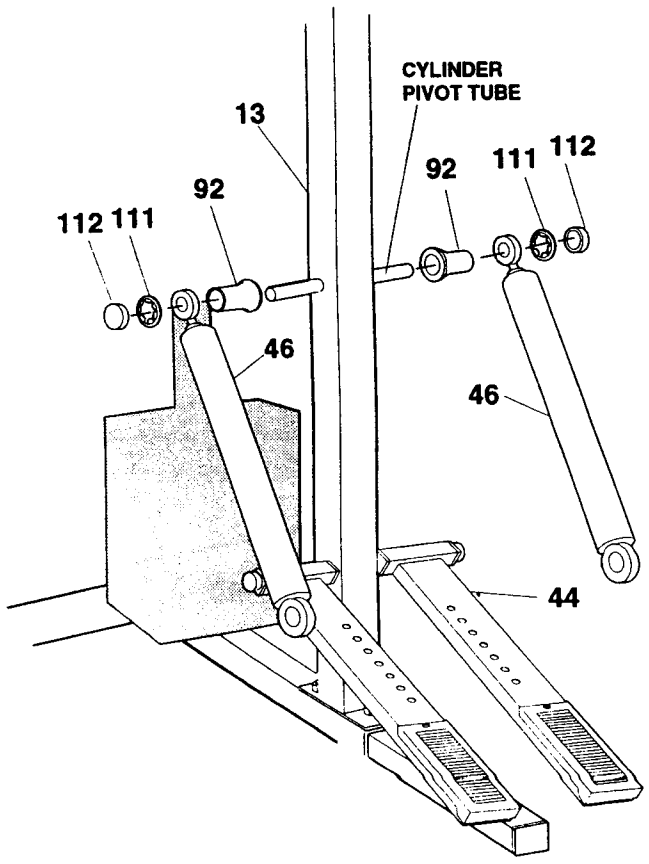
☐ *Slide the* **STEPPER PEDALS (44)** *onto the 1" Stepper Pivot Tube at the base of the* **STEPPER UPRIGHT (13).** *Note that the Pedal should be assembled with the series of holes to the inside.*

☐ *Using a* **1" ROUND PLASTIC COVER CAP (85)** *as an aid, drive a* **1" SPRING RETAINER RING (95)** *onto the Pivot Tube to secure the* **PEDALS (44)** *in place. Note that the teeth in the Spring Retainers are tilted slightly to one side. The teeth should be away from the Pivot Tube as it is drive on. Tap in place with a hammer.*

☐ *Attach the molded* **PLASTIC PEDAL THREADS (45)** *to the top of the* **STEPPER PEDALS (44)** *with* **1/2" LONG SELF TAPPING PHILLIPS HEAD SCREWS (75).**

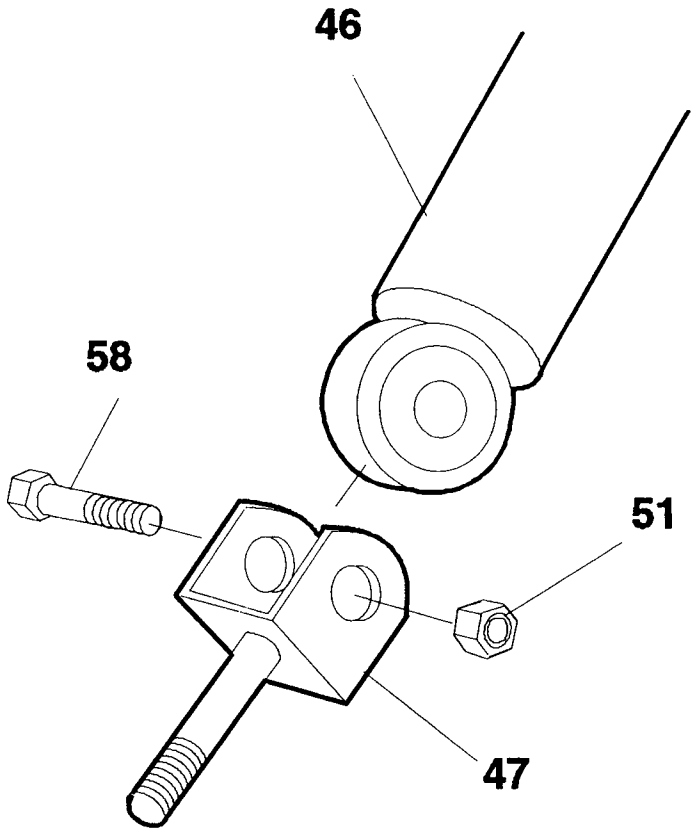
☐ *Fit a* **5/8" I.D. X 1 1/4" FLAIR END PLASTIC BUSHING (92)** *onto the Cylinder Pivot Tube on the* **STEPPER UPRIGHT (13).**





☐ *Slide a* **RESISTANCE CYLINDER (46)** *over the Cylinder Pivot Tube and secure in place with a* **5/8" SPRING RETAINER RING (111).** *Again the teeth of the Retainer Ring should be positioned outward and use the* **5/8" ROUND PLASTIC COVER CAP (112)** *as an aid to help secure the Retainer Ring in place. Tap this Cap and Retainer Ring on using a hammer.*

☐ *To the bottom end of the* **RESISTANCE CYLINDER (46),** *attach the* **CYLINDER MOUNTING BRACKET (47)** *with a* **5/16" X 1 1/2" HEX HEAD BOLT (58)** *and a* **5/16" NYLON LOCK NUT (51). DO NOT OVER TIGHTEN! THIS BRACKET MUST BE FREE TO PIVOT.**

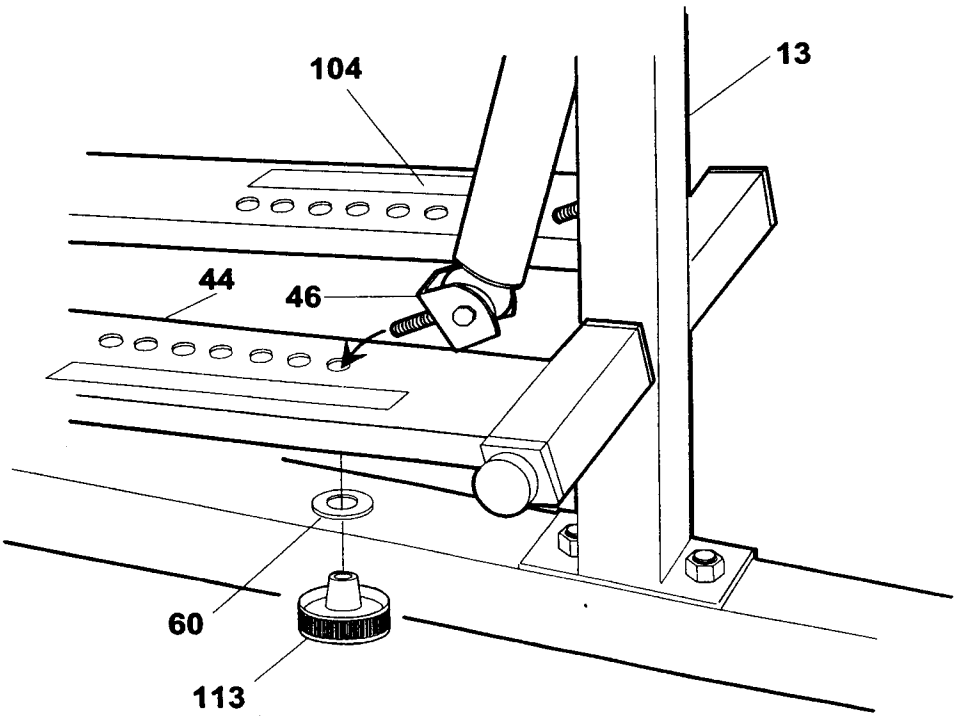


☐ *Remove the* **STEPPER STATION DECAL (103)** *from the backing sheet and apply to the* **STEPPER UPRIGHT (13).**

☐ *Remove the* **RESISTANCE SCALE DECALS (104)** *from the backing sheet and attach the Decals to the* **STEPPER PEDALS (44)** *along the side of the resistance holes so that the lightest setting (1) is aligned with the first hole and the scale reads from nearest the Upright to farthest away from the Upright.*

☐ *Insert the bolt on the* **CYLINDER MOUNTING BRACKET (47)** *into one of the holes in the* **STEPPER PEDAL (44)** *and secure with a* **3/8" FLAT WASHER (60)** *and a* **3/8" THREADED KNOB (113).**

» **NOTE:** *There are seven hole locations in the* **STEPPER PEDALS (44).** *The Stepper resistance increases as the Cylinder is moved toward the end of the Pedal.*



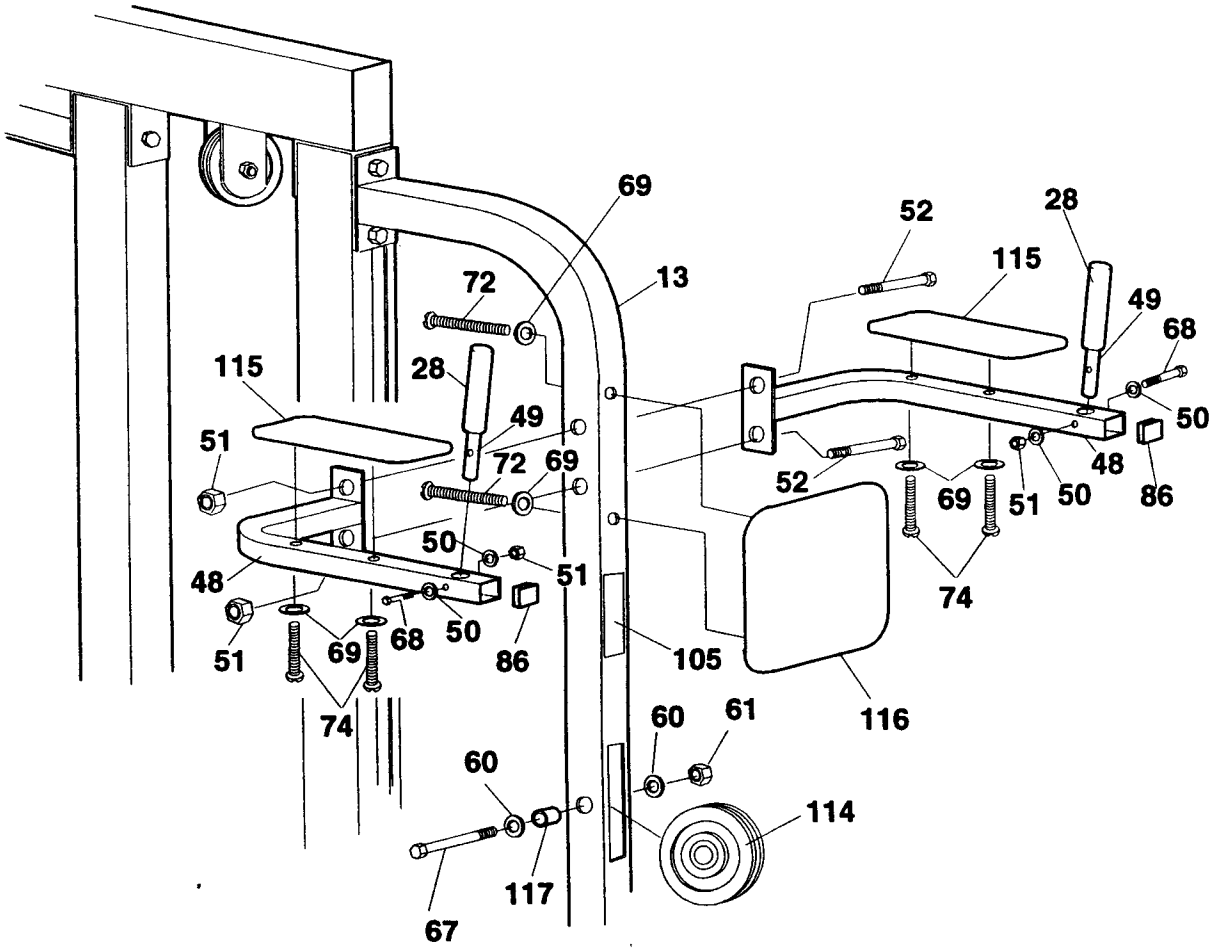
STEP 11 DIP STATION ASSEMBLY

PART NAME	QTY
50 5/16"FLAT WASHER	4
51 5/16" NYLON LOCK NUT	4
52 5/16" X 2 1/2" HEX HEAD BOLT	2
60 3/8" FLAT WASHER	2
61 3/8" NYLON LOCK NUT	1
67 3/8" X 2 1/4" HEX HEAD BOLT	1
68 5/16" X 2" HEX HEAD BOLT	2
69 1/4" FLAT WASHER	6
72 1/4" X 2 1/2" ROUND HEAD SCREW	2
74 1/4" X 2" ROUND HEAD SCREW	4
86 1 1/2" SQUARE PLASTIC INSERT CAP	2
117 1/2" O.D. X 1 3/4" LONG METAL BUSHING	1

☐ *Cap the front ends of the* **DIP ARMS (48)** *with* **1 1/2" SQUARE PLASTIC INSERT CAPS (86).**

☐ *Attach the* **DIP ARMS (48)** *to the side of the* **STEPPER UPRIGHT (13)** *with two* **5/16" X 2 1/2" HEX HEAD BOLTS (52)** *and* **5/16" NYLON LOCK NUTS (51).**

☐ *Bolt the* **DIP HANDLES (49)** *into the* **DIP ARMS (48)** *with* **5/16" X 2" HEX HEAD BOLTS (68).** *First fit a* **5/16" FLAT WASHER (50)** *over the Bolt and then bolt through the Arm and the Handles. Fasten with a* **5/16" FLAT WASHER (50)** *and a* **5/16" NYLON LOCK NUT (51).**



☐ *Attach* **SMALL ARM PADS (115)** *to the Dip Arms using* **1/4" X 2" ROUND HEAD SCREWS (74)** *and* **1/4" FLAT WASHERS (69).**

☐ *Assemble the* **DIP STATION BACKREST (116)** *to the* **STEPPER UPRIGHT (13)** *by assembling* **1/4" FLAT WASHERS (69)** *onto two* **1/4" X 2 1/2" ROUND HEAD SCREWS (72)** *and bolting through the back of the Upright and into the back of the Backrest.*

☐ *Remove the* **DIP STATION DECAL (105)** *from the backing sheet and adhere to the* **STEPPER UPRIGHT (13)** *directly under the* **DIP ARMS (48).**

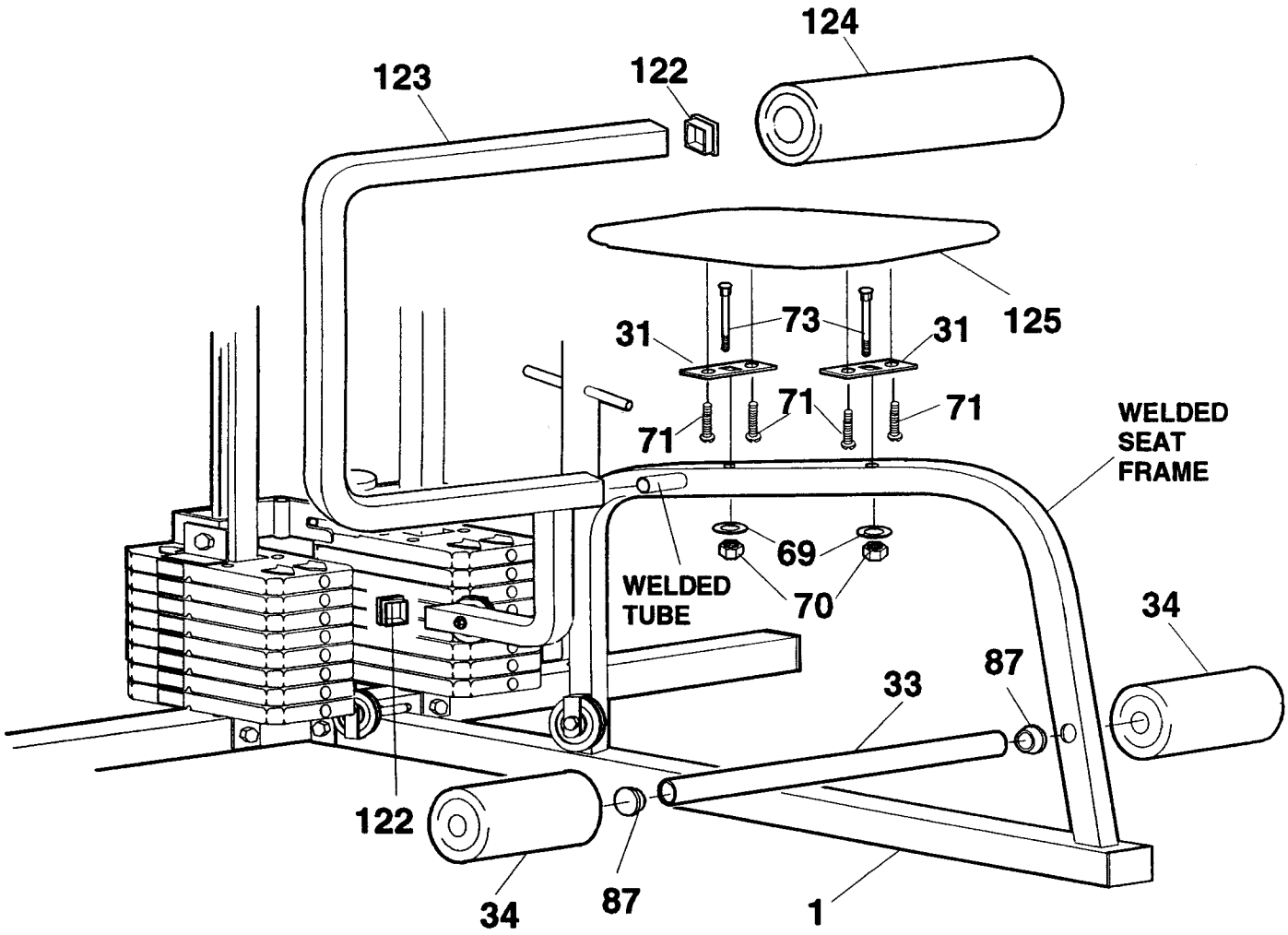
☐ *Assemble the* **2 7/8" PULLEY (114)** *into the slot in the* **STEPPER UPRIGHT (13)** *by first assembling a* **3/8" FLAT WASHER (60)** *and a* **1/2" O.D. X 1 3/4" LONG METAL BUSHING (117)** *onto a* **3/8" X 2 1/4" HEX HEAD BOLT (67)** *and then bolting through the Upright, then through the Pulley, and then on through the Upright. Assemble another* **3/8" FLAT WASHER (60)** *onto the Bolt and then secure with a* **3/8" NYLON LOCK NUT (61).**

STEP 12 AB BAR ASSEMBLY

PART NAME	QTY
69 1/4" FLAT WASHER	2
70 1/4" NYLON LOCK NUT	2
71 1/4" X 3/4" ROUND HEAD MACHINE SCREW	4
73 1/4" X 2" CARRIAGE BOLT	2
87 3/4" ROUND PLASTIC INSERT CAP	2
122 1 1/4" SQUARE PLASTIC INSERT CAP	2

☐ *Press* **1 1/4" SQUARE PLASTIC INSERT CAPS (122)** *into the top and back end of the* **AB ARM (123).**

☐ *Wipe a small amount of liquid dish detergent along the end of the long handle of the* **AB ARM (123)** *and slide on the* **3 1/4" X 10" FOAM ROLLER (124).**



☐ *Push the* **AB ARM (123)** *onto the Welded Tube on the Welded Seat Frame on the* **CENTER BASE (1).**

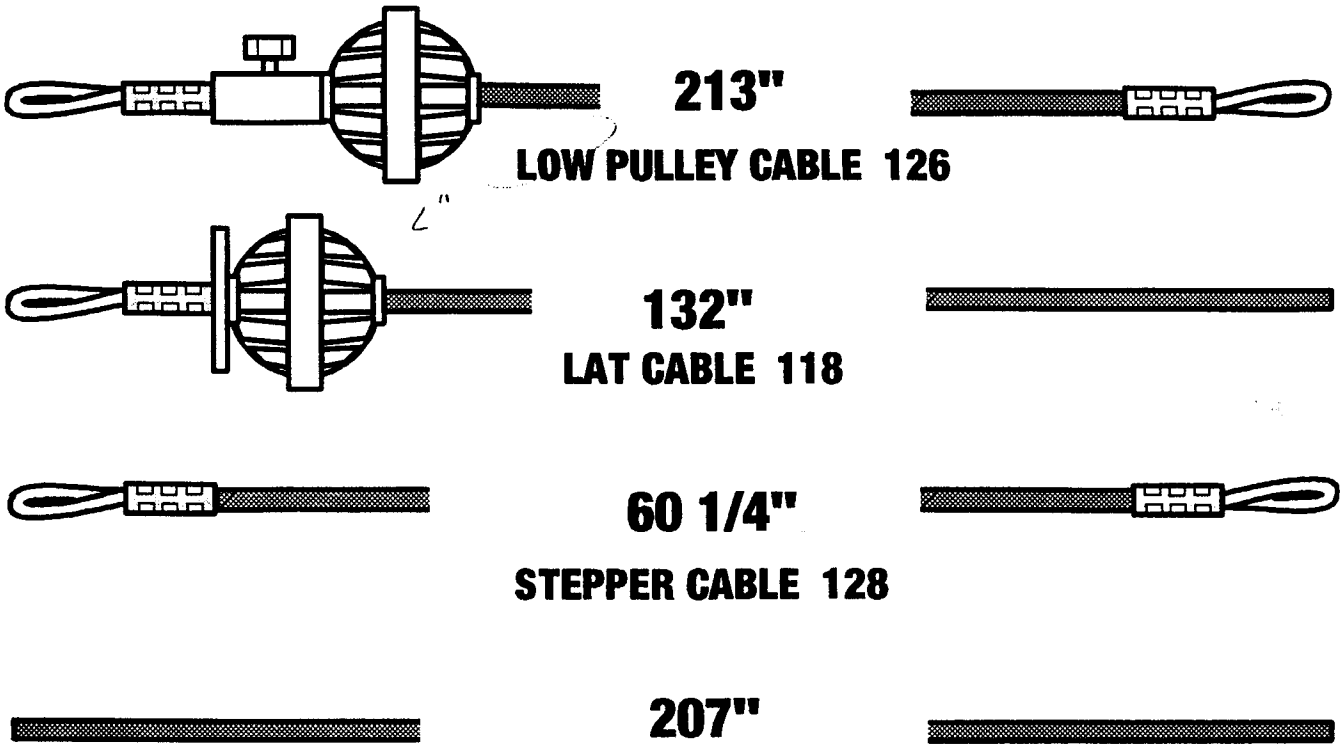
☐ *Attach the* **MOUNTING PLATES (31)** *to the top of the Welded Seat Frame by bolting down through the top of the Mounting Plates and then through the Seat Frame with a* **1/4" X 2" CARRIAGE BOLT (73).** *Assemble* **1/4" FLAT WASHER (69)** *onto the Bolts and secure with* **1/4" NYLON LOCK NUTS (70). DO NOT TIGHTEN AT THIS TIME.**

☐ *Locate the* **AB SEAT (125)** *over the* **MOUNTING PLATES (31)** *and assemble using* **1/4" X 3/4" ROUND HEAD MACHINE SCREWS (71)** *to bolt up through the Plates and into the bottom of the Seat. Now tighten the Carriage Bolts holding the Plates.*

☐ *Press* **3/4" ROUND PLASTIC INSERT CAPS (87)** *into the* **3/4" X 15 1/4" PAD BAR (33).** *Wipe a small amount of liquid dish detergent along the length of the Pad Bar. This will help in the assembly of the Foam Rollers. When the detergent dries, it will also act as an adhesive. Insert the Pad Bar into a* **3 1/4" X 7" FOAM ROLLER (34).**

☐ *Insert the Pad Bar assembly into the access hole on the lower Welded Seat Frame and slide on a second* **3 1/4" X 7" FOAM ROLLER (34).**

CABLES



213"

LOW PULLEY CABLE 126

132"

LAT CABLE 118

60 1/4"

STEPPER CABLE 128

207"

HACK SQUAT CABLE 127

AVOID CABLE PROBLEMS:

Woven Cable, like the type used on this Gym, stretch as they become broken in. It is critical to the function of the Gym that excess Cable slack be kept adjusted out of the Cable run. For the Lat Pull-Down and the Bench Press, this is done at the Low Pulley Cable adjustment. For the Hack Squat and the Ab/Back Station, this is done by adjusting the Cable Adjustment Block on the bottom of the Hack Squat. Always keep excess slack adjusted out of the Cable run Anything more than 1 inch of slack will take away from a full range of conditioning.

Also, periodic lubrication of all moving parts; Pulleys, Brackets, Guide Wheels, and Guide Rods will eliminate excess friction and let the system work smoothly.

IF YOUR HOME GYM FEELS LIKE IT IS BINDING UP, READ THE FOLLOWING:

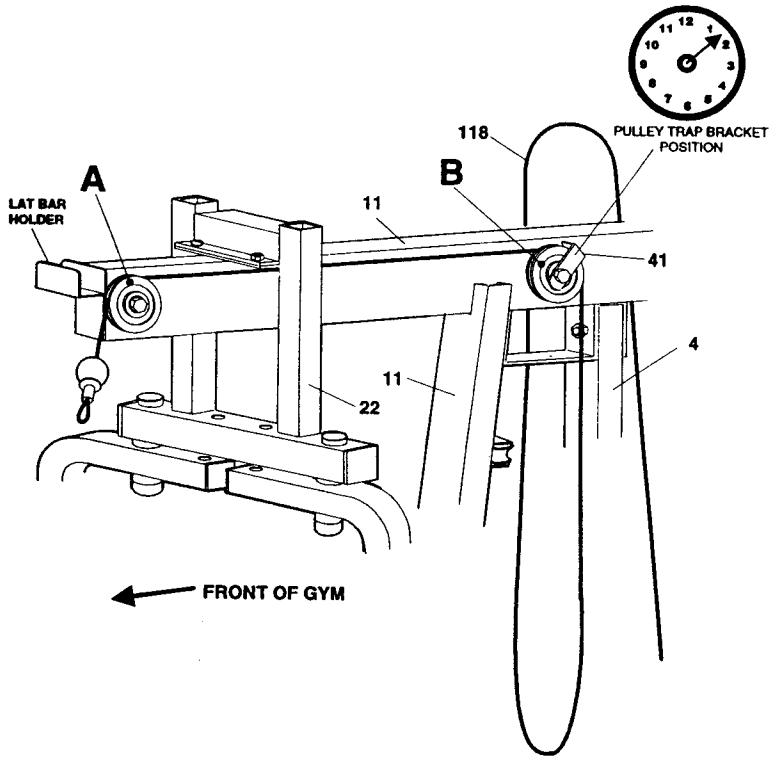
During use, if it ever feels like the exercise is binding up, stop immediately and check the Cable run and Pulleys to see if a Cable has jumped off a Pulley or if it is binding on a Cable Trap Bracket. Prompt attention may prevent Cable damage.

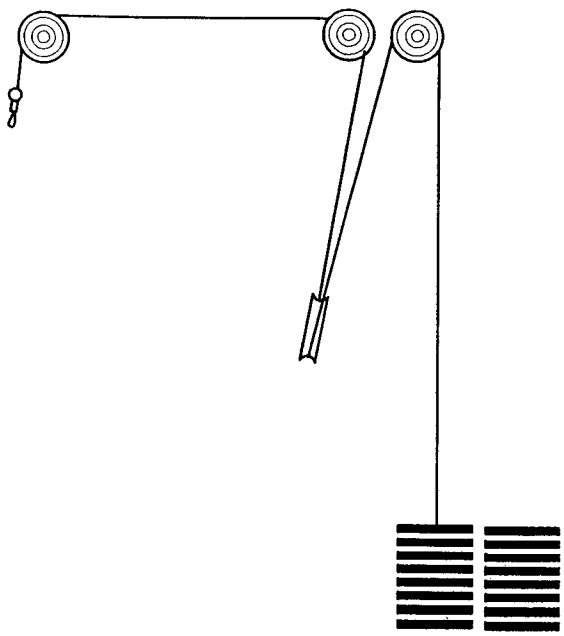
SAFETY TIPS:

- ☐ **ALWAYS MAKE CERTAIN THAT SMALL CHILDREN ARE CLEAR OF THE UNIT WHILE IN USE.**
- ☐ **DO NOT ALLOW CHILDREN TO PLAY ON THIS EQUIPMENT UNATTENDED.**
- ☐ **NEVER PUT YOUR HANDS, FINGERS, OR OTHER PARTS OF YOUR BODY BETWEEN MOVING PARTS OR WEIGHTS WHILE THE GYM IS IN USE.**
- ☐ **KEEP ALL BOLTS AND FASTENERS TIGHTENED.**

STEP 13 LAT CABLE ASSEMBLY

PART NAME	QTY
121 SET SCREW	2





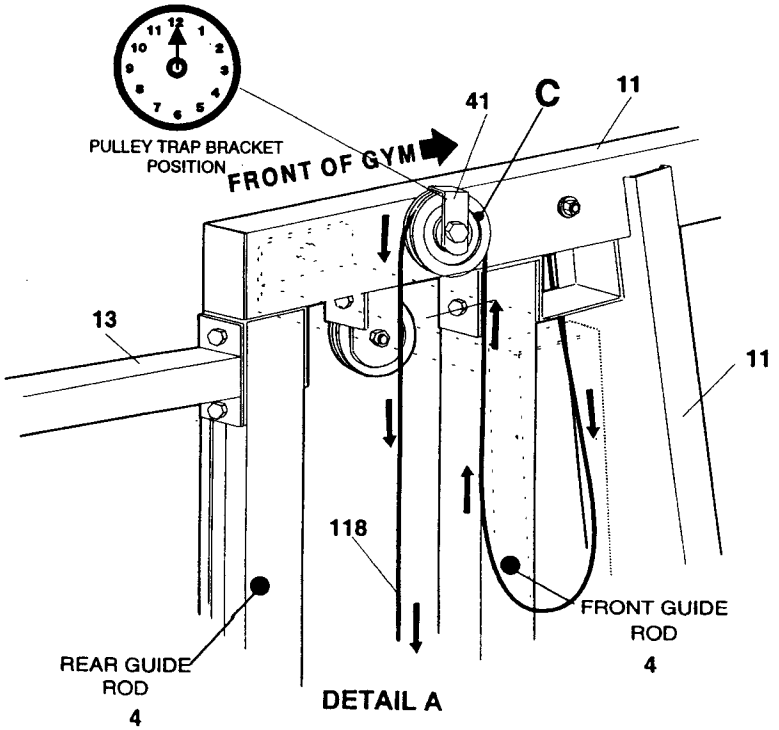
ENTIRE LAT CABLE ROUTING

» **NOTE:** *The* **PULLEYS (A,B, & C)** *have been pre-assembled to the* **TOP MAIN UPRIGHT (11)** *at the factory - to assemble the Lat Cable, you may need to loosen them slightly to position the Cable within the Pulley and under the Cable Traps.*

☐ *Select the* **132" LONG LAT CABLE (118)** *(This Cable has a large Rubber Ball Stop on one end and a cut end on the other.) and begin by fitting the Cable into* **PULLEY (A)** *so that the Lat Bar Holder on the front of the* **TOP MAIN UPRIGHT (11)** *holds the Cable in the Pulley. Re-tighten the Pulley assembly.*

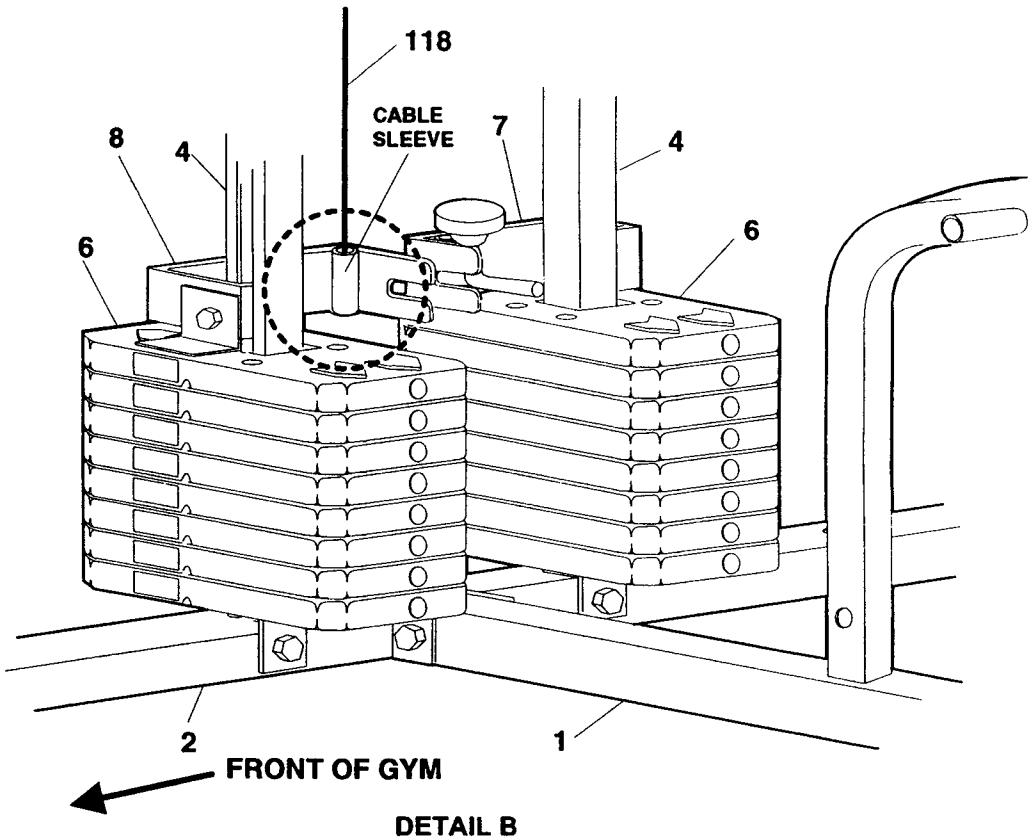
☐ *Bring the Cable rearward between the* **ARM PRESS PIVOT FRAME (22)** *and the* **TOP MAIN UPRIGHT (11)** *and fit the Cable over* **PULLEY (B).** *Position the* **CABLE TRAP BRACKET (41)** *at about one o'clock so it just barely clears the Pulley and re-tighten this assembly tightly. (When properly tightened the Cable Trap will not rotate.)*

☐ *Loop the Cable down between* **MAIN UPRIGHT (11)** *and the* **FRONT GUIDE ROD (4)** *and bring the Cable back up to the Top Main Upright on the opposite side and fit the Cable into* **PULLEY (C).** **NOTE: (SEE DETAIL A.)** *The Cable should run from the front of the gym to the back over this Pulley. Position the* **CABLE TRAP BRACKET (41)** *about 1/16" from the edge of the Pulley and set the Cable Trap at 12 o'clock and re-tighten this assembly.*



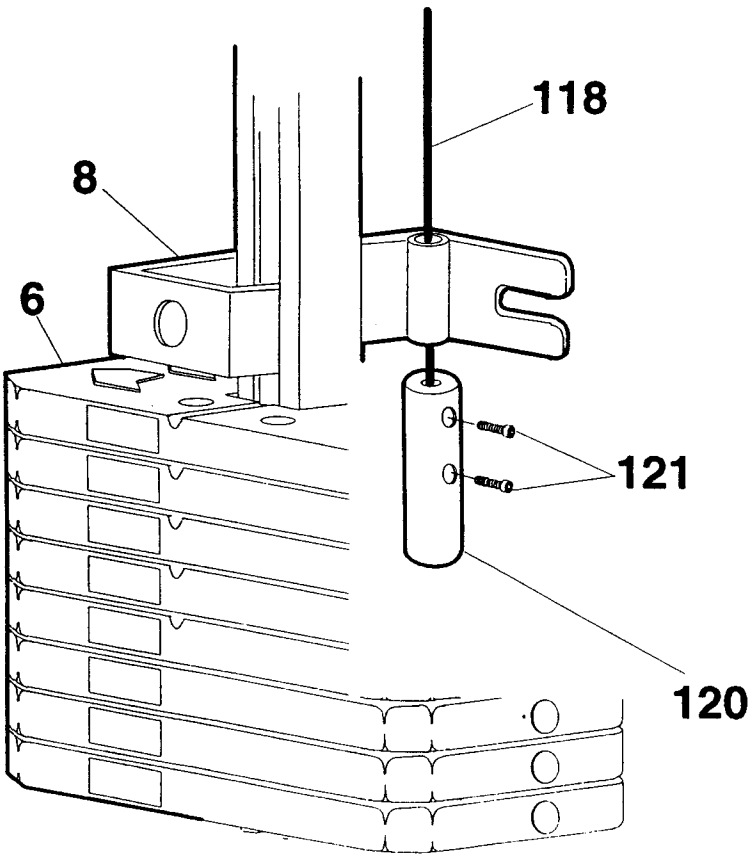
DETAIL A

☐ *Next, bring the Cable end down to the front Weight stack and fit the Cable through the Cable Sleeve welded in the* **WEIGHT SELECTOR TUBE BRACKET (8) (SEE DETAIL B.)**



DETAIL B

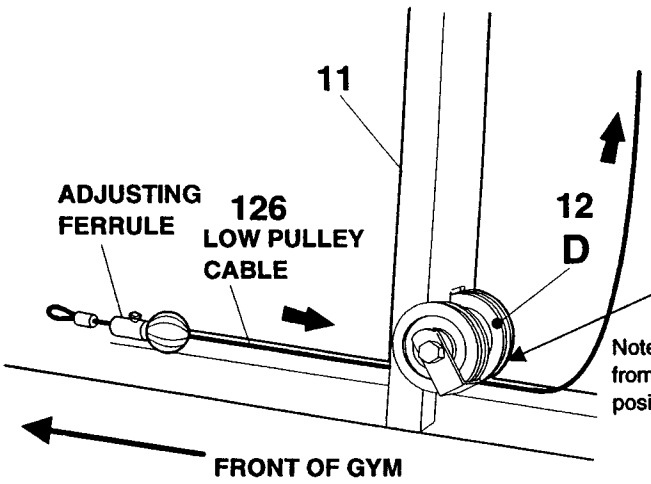
☐ *Once the Cable is through the* **SELECTOR TUBE SLEEVE (8)**, *insert the Cable end into the* **COUNTER WEIGHT BAR (120)** *and secure with two* **SET SCREWS (121)** *in the Counter Weight to hold the Cable in place.* **(SEE DETAIL C).**

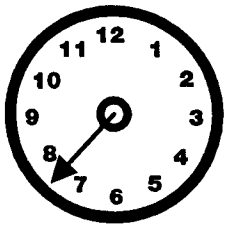


DETAIL C

STEP 14 LOW PULLEY CABLE ASSEMBLY

PART NAME	QTY
50 5/16" FLAT WASHER	1
51 5/16" NYLON LOCK NUT	1
148 5/16" X 1" HEX HEAD BOLT	1

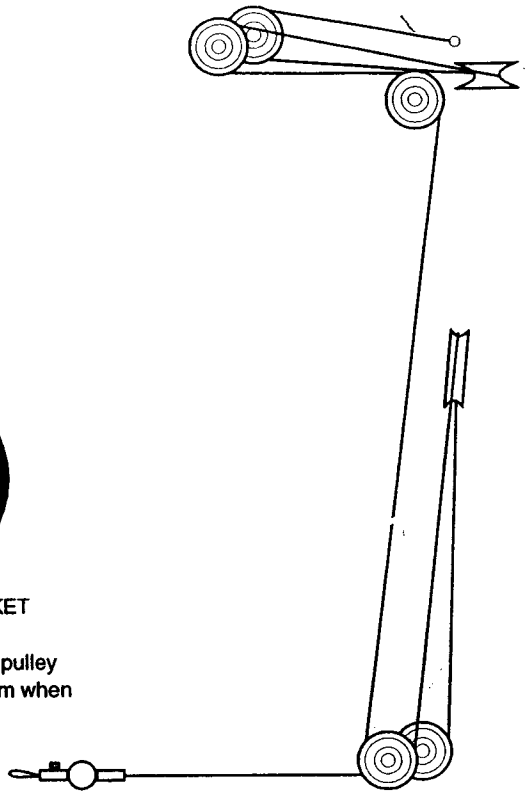




PULLEY TRAP BRACKET POSITION

Note: You will be facing the pulley from the other side of the gym when positioning this trap bracket.

ILLUSTRATION A



ENTIRE LOW PULLEY CABLE ROUTING

☐ *Select the* **213" LONG LOW PULLEY CABLE (126).** *(This Cable has an Adjusting Ferrule and Stopper Ball on a Cable with looped ends.)*

» **NOTE:** *You may have to loosen or completely undo some pre-assembled Pulleys to make this assembly.*

☐ *Beginning at the front of the gym at the base of the* **MAIN UPRIGHT (11),** *insert the* **CABLE (126)** *through the slot in the frame. (Check to make sure the Adjusting Ferrule and Stopper Ball are aligned as shown in* **ILLUSTRATION "A".**). *Fit the Cable into the* **"D" PULLEY (12). DO NOT RE-TIGHTEN THE BOLT COMPLETELY AT THIS TIME.**

☐ *Remove one* **PULLEY (12)** *from the* **DUAL PULLEY CONNECTOR BRACKETS (40)** *Assembly and fit the Pulley assembly over the loop formed in the* **LAT CABLE (118).** *Bring the* **LOW PULLEY CABLE (126)** *up from* **PULLEY "D" (12)** *and re-assemble* **PULLEY "E" (12)** *into the Connector Brackets. Tighten Bolts tightly. (The Lat Cable and Low Pulley Cable should be seated into the Pulleys so they can not come out.*

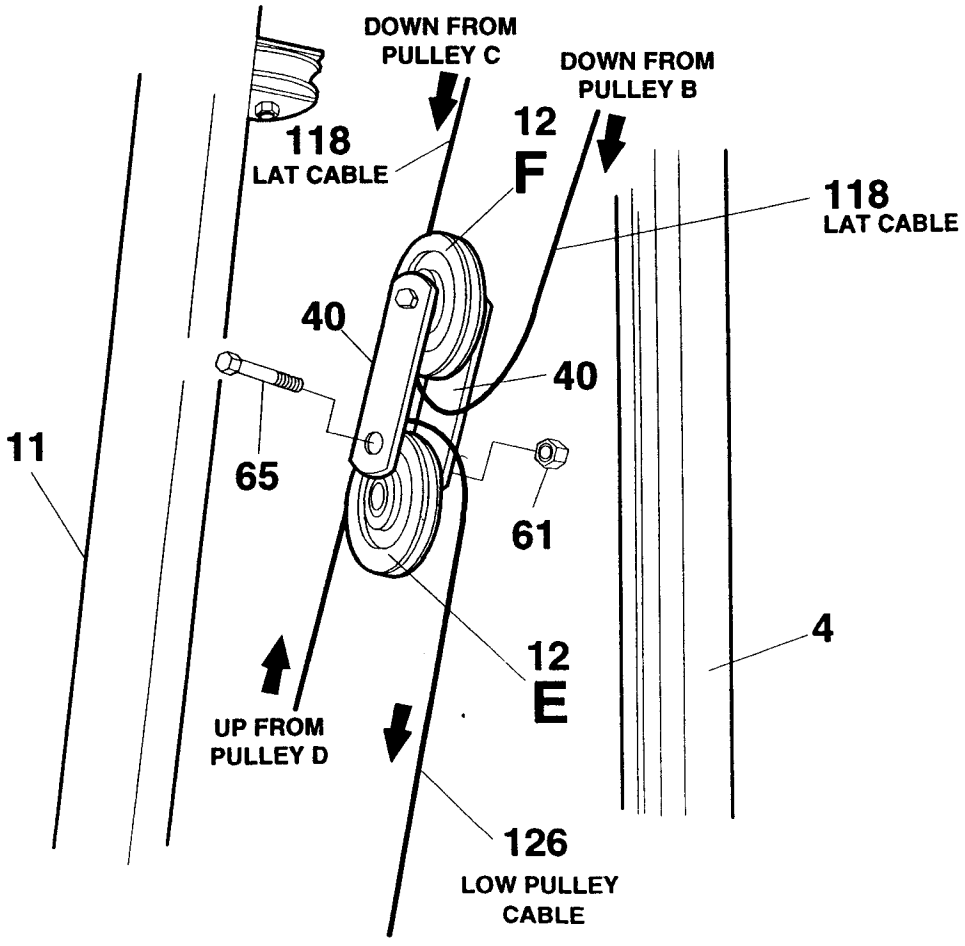


ILLUSTRATION B

☐ *Bring the* **LOW PULLEY CABLE (126)** *down and fit under the* **CABLE TRAP BRACKET (41)** *and into* **PULLEY "G" (12)** *at the side of the* **MAIN UPRIGHT (11). (SEE ILLUSTRATION "C")** *Adjust the Cable Trap Bracket so it is about 1/16" from the edge of the Pulley and aligned at about 5 o'clock. This assembly can now be tightened tightly. (Make sure the Pulleys can turn freely.)*

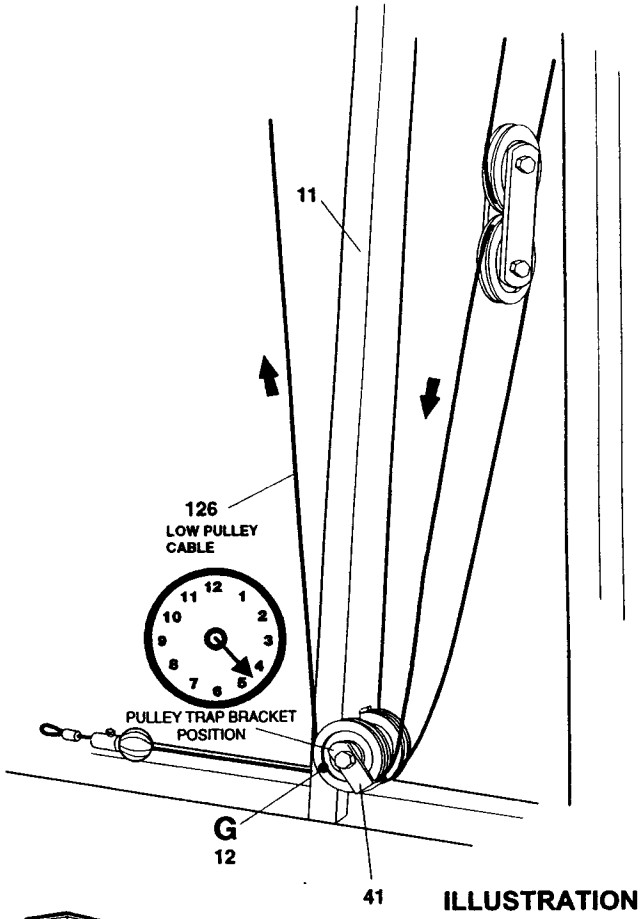


ILLUSTRATION C

☐ *Now bring the Cable up and assemble it into* **PULLEY "H" (12)** *on the side of the* **MAIN UPRIGHT (11).** *Position the* **CABLE TRAP BRACKET (41)** *at about 2 o'clock and re-tighten the Pulley Bolt so that the Cable Trap Bracket is about 1/16" from the edge of the Pulley. Tighten the Bolt enough that the Cable Trap Bracket can not rotate.* **(SEE ILLUSTRATION "D")**

☐ *Tighten the* **PULLEY BRACKET BOLT (135)** *securely but not so tight that the* **PULLEY PIVOT BRACKET (153)** *can not swivel in and out.*

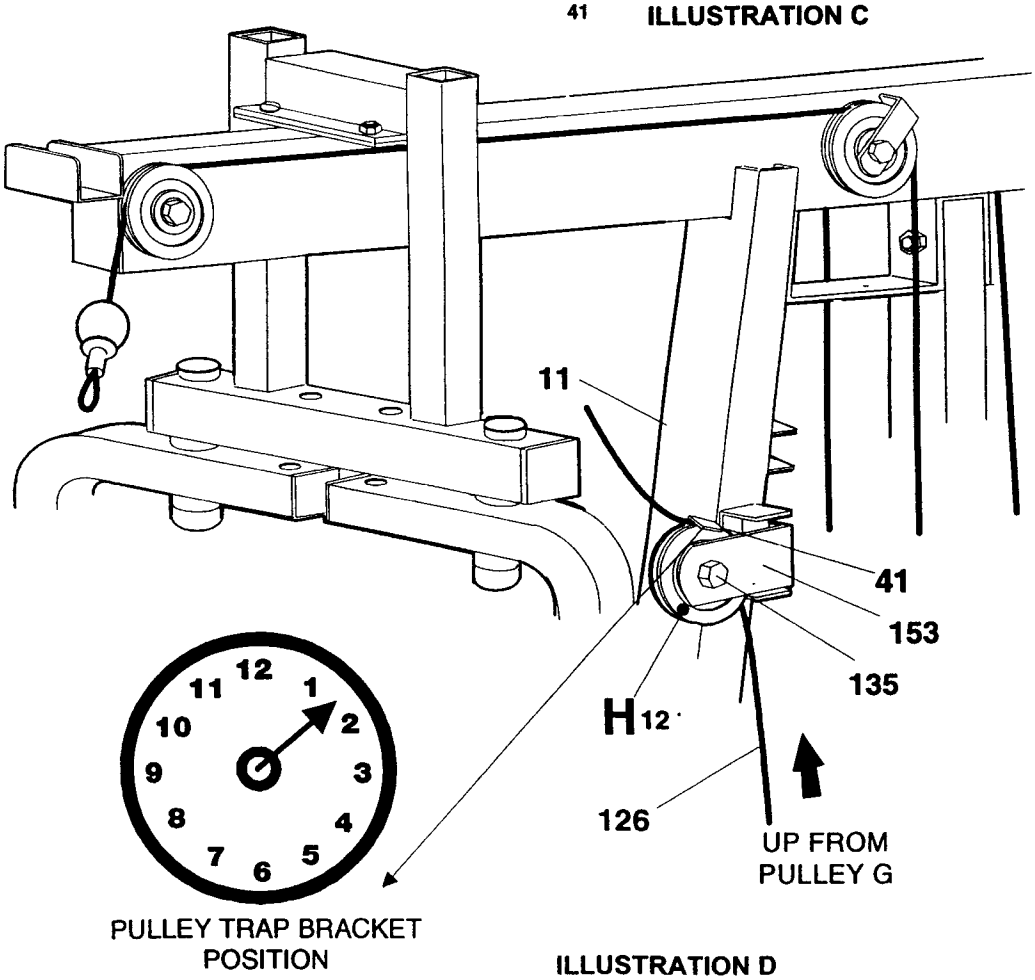


ILLUSTRATION D

☐ *Looking at* **ILLUSTRATION "E",** *take the* **LOW PULLEY CABLE (126).** *forward and loop it under and around* **PULLEY "J" (12)** *on the left* **ARM PRESS ARM (26).** *Set the* **CABLE TRAP BRACKET (41)** *over the Pulley and Cable and set at about 10 o'clock and tighten the assembly. Check to see that this* **Arm Press Bracket** *is bolted tightly into the* **PULLEY PIVOT BRACKET (37)** *but still loose enough to swivel freely.*

☐ *Bring the* **CABLE (126)** *back around behind the* **MAIN UPRIGHT (11)** *and fit the Cable into the deep* **3 1/2" "V" PULLEY (20).** *Position the* **CABLE TRAP BRACKET (41)** *straight to the back and adjust to within 1/16" of the Pulley edge. Tighten the Pulley* **BOLT (133)** *securely.*

☐ *Take the* **CABLE (126)** *forward over* **PULLEY "K" (12)** *on the right* **ARM PRESS ARM (25).** *Set the* **CABLE TRAP BRACKET (41)** *at the 2 o'clock position and tighten the Pulley* **BOLT (134).** *Check the* **PULLEY PIVOT BRACKET (37)** *and the Arm Press Bracket assembly to see that it is tight but can still swivel.*

☐ *Pull the* **CABLE (126)** *back to the Cable End Bracket on the side of the* **MAIN UPRIGHT (11)** *and fasten through the loop end by assembling a* **5/16" FLAT WASHER (50)** *and a* **1/2" O.D. X 1/4" LONG METAL SPACER (90)** *onto a* **5/16" X 1" HEX HEAD BOLT (148)** *and then bolting through the loop of the Cable and then through the Bracket. Secure with a* **5/16" NYLON LOCK NUT (51).** *Tighten securely but leave enough gap so the Cable can rotate on the Bolt.*

☐ *Now, check to see that the entire Cable run is seated into the Pulleys and pull the slack out of the Cable system from the front Low Pulley position at the base of the* **MAIN UPRIGHT (11).** *Slide the Stopper Ball and Adjuster Ferrule on the Cable tightly against the Low Pulley and tighten the set screw in the Adjuster Ferrule tightly so it can not slip.*

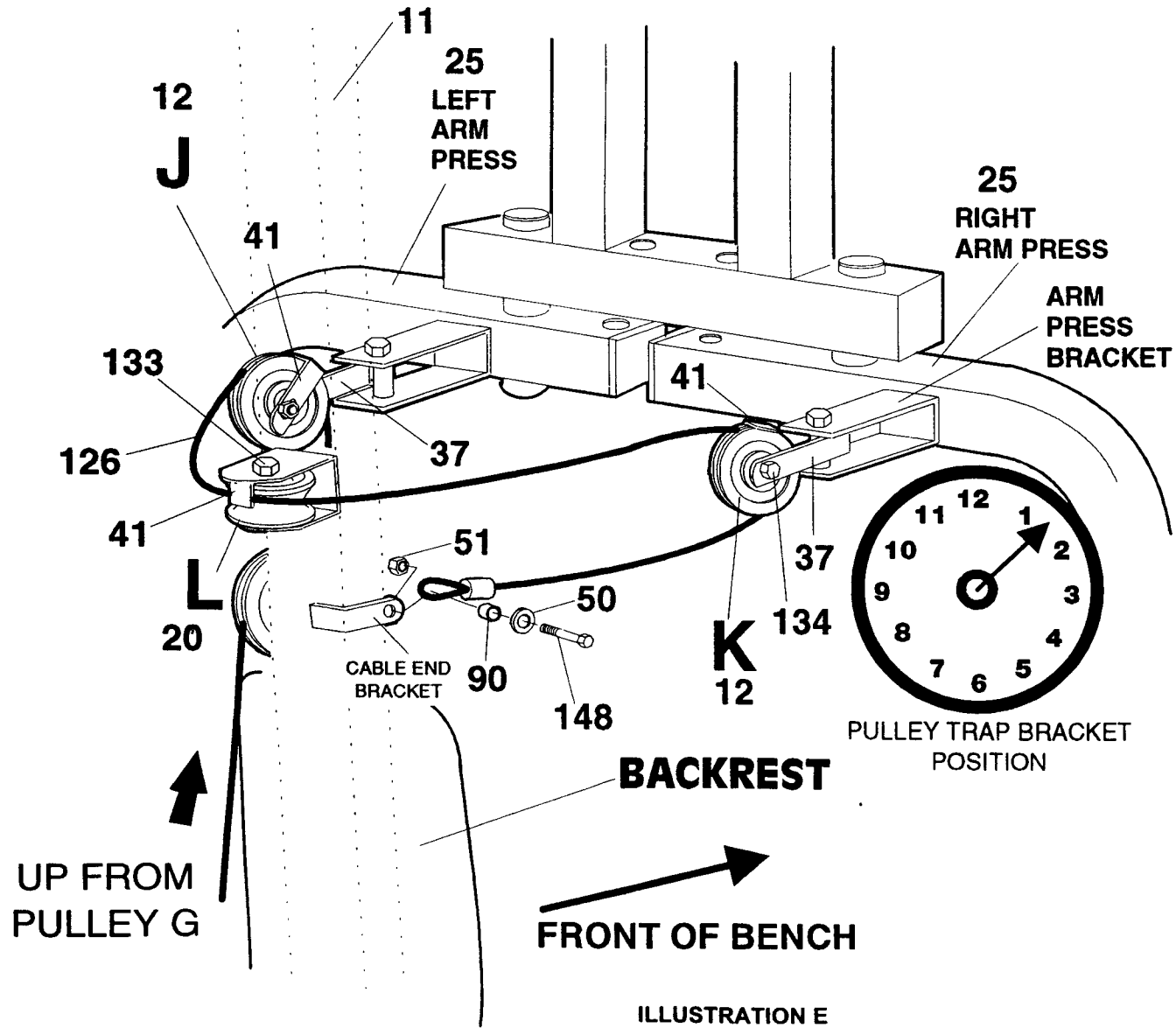
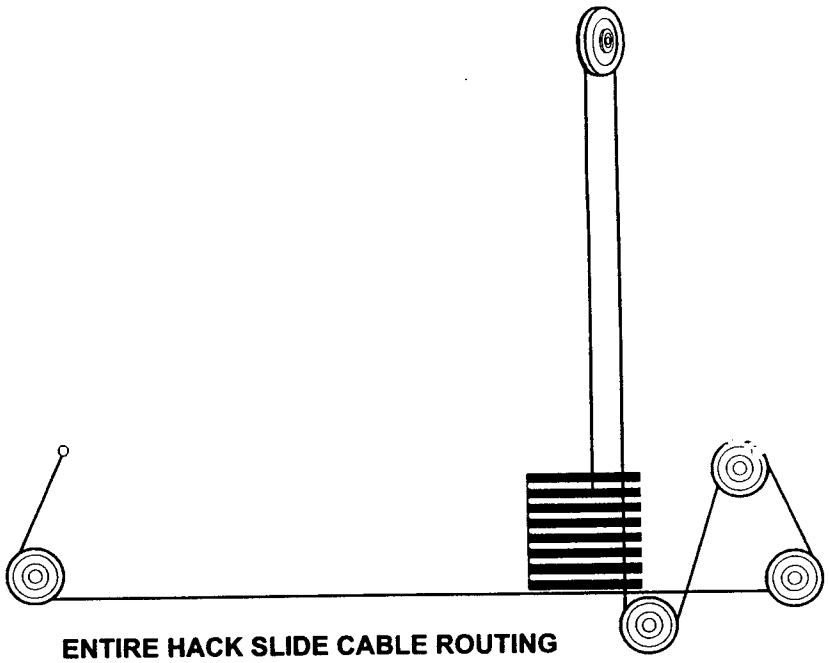


ILLUSTRATION E

STEP 15 HACK SLIDE \ AB STATION CABLE ASSEMBLY

PART NAME	QTY
50 5/16" FLAT WASHER	2
51 5/16" NYLON LOCK NUT	1
58 5/16" X 1 1/2" HEX HEAD BOLT	1
60 3/8" FLAT WASHER	2
61 3/8" NYLON LOCK NUT	1
121 SET SCREW	2
136 3/8" X 3 1/2" HEX HEAD BOLT	1
137 1/2" O.D. X 1" LONG METAL SPACER	2



ENTIRE HACK SLIDE CABLE ROUTING

☐ *Select the* **207" LONG HACK SLIDE CABLE (127)** *(This Cable has two straight cut ends.)*

☐ *Insert one end of the* **CABLE (127)** *up through one side of the* **CABLE ADJUSTMENT BLOCK (149).**

☐ *Next, make the loop with the* **CABLE (127)** *end and insert the loop into the bottom end of the* **HACK SLIDE FRAME (17).** *Bolt through the Frame and the loop of the Cable with a* **5/16" X 1 1/2" HEX HEAD BOLT (58), 5/16" FLAT WASHERS (50)** *and secure with a* **NYLON LOCK NUT (51).** *Extend the Cable on down into the other hole in the* **CABLE ADJUSTMENT BLOCK (149).** *Fasten the Cable in place with two* **SET SCREWS (121).** *Final Cable adjustment will be made here when this Cable assembly is completed.* **(SEE ILLUSTRATION "A")**

☐ *Bring the* **CABLE (127)** *down and fit it under* **PULLEY "M" (12).** *Insert the Pulley into the slot at the bottom of the* **HACK SQUAT UPRIGHT (14)** *and fasten by first assembling a* **3/8" FLAT WASHER (60)** *and a* **1/2" O.D. X 1" LONG METAL SPACER (137)** *onto a* **3/8" X 3 1/2" HEX HEAD BOLT (136)** *and then bolting through the Upright and Pulley. Assemble another* **1" LONG METAL SPACER (137)** *and a* **3/8" FLAT WASHER (60)** *onto the Bolt and secure with a* **3/8" NYLON LOCK NUT (61). (SEE ILLUSTRATION "B")**

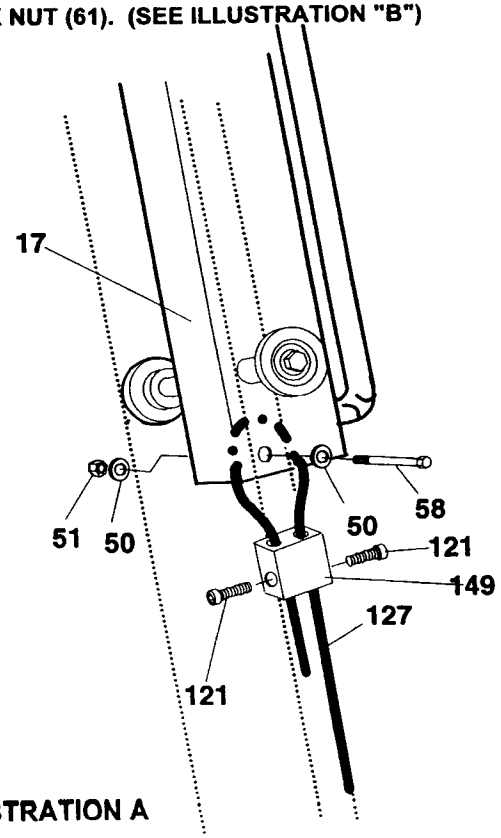


ILLUSTRATION A

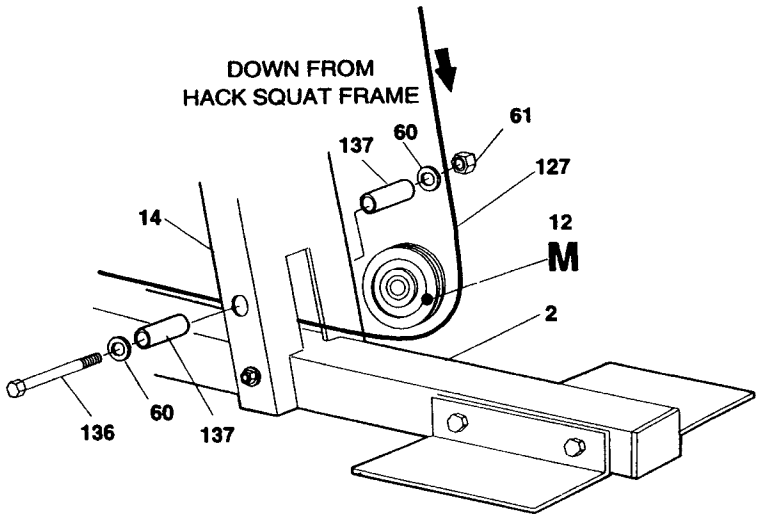


ILLUSTRATION B

☐ *From Pulley "M", take the* **CABLE (127)** *across the Base, between the Weight Stacks and bring the Cable up around* **PULLEY "N" (12)** *at the base of the Welded Ab Seat Frame. Position the* **CABLE TRAP BRACKET (41)** *over the Pulley and set at 5 o'clock. Tighten the* **PULLEY BOLT (62).** **(SEE ILLUSTRATION "C")**

☐ *Take the* **CABLE (127)** *up and over* **PULLEY "O" (12)** *on the* **AB ARM (123)** *and position the* **CABLE TRAP BRACKET (41)** *at the 12 o'clock position and tighten the assembly.*

☐ *Bring the* **CABLE (127)** *forward and down to* **PULLEY "P" (12)** *on the on the* **CENTER BASE (1).** *Loop under the Pulley and set the* **CABLE TRAP BRACKET (41)** *at the 7 o'clock position and tighten the* **BOLT (63).**

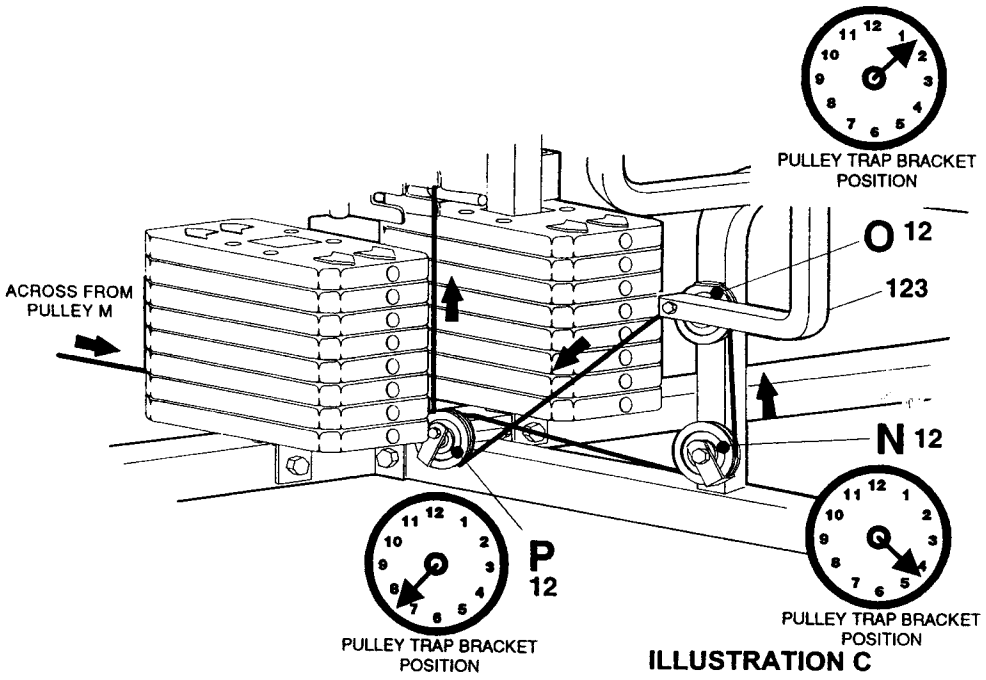


ILLUSTRATION C

☐ *Taking the* **CABLE (127)** *back up again, fit it around* **PULLEY "R" (12)** *located in the Welded Bracket on the bottom side of the* **TOP MAIN UPRIGHT (11)** *between the* **GUIDE RODS (4). (SEE ILLUSTRATION "D")**

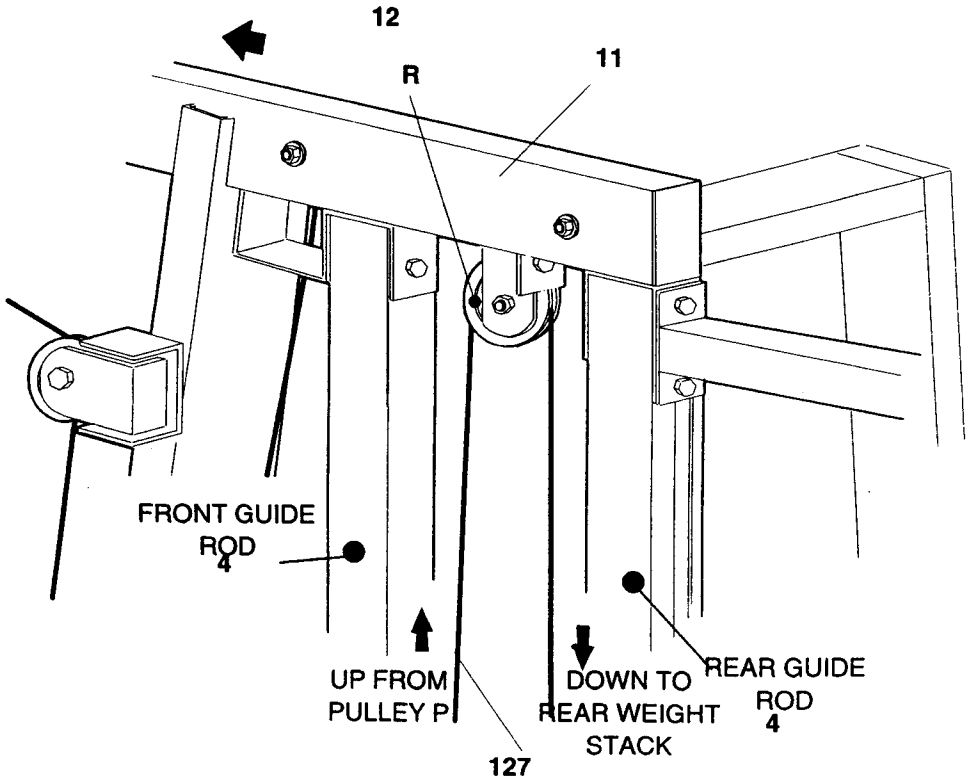


ILLUSTRATION D

☐ *Pull the* **CABLE (127)** *back down and fit the Cable through the Cable Sleeve in the* **WEIGHT SELECTOR TUBE (7)** *in the rear Weight Stack.*

☐ *With another* **CABLE COUNTER WEIGHT BAR (120),** *pass the Cable end down into the Counter Weight Bar and tighten* **SET SCREWS (12)** *tightly.* **(SEE ILLUSTRATION "E")**

☐ *Now, return to the* **ADJUSTMENT BLOCK (149)** *below the* **HACK SLIDE FRAME (17)** *to adjust the Cable. Loosen the* **SET SCREWS (121)** *in the Block and pull the Cable tight. Check as you pull that the Cable is seated properly in the grooves of all the Pulleys it is assembled onto.*

☐ *Tighten securely the* **SET SCREWS (121)** *in the* **BLOCK (149).**

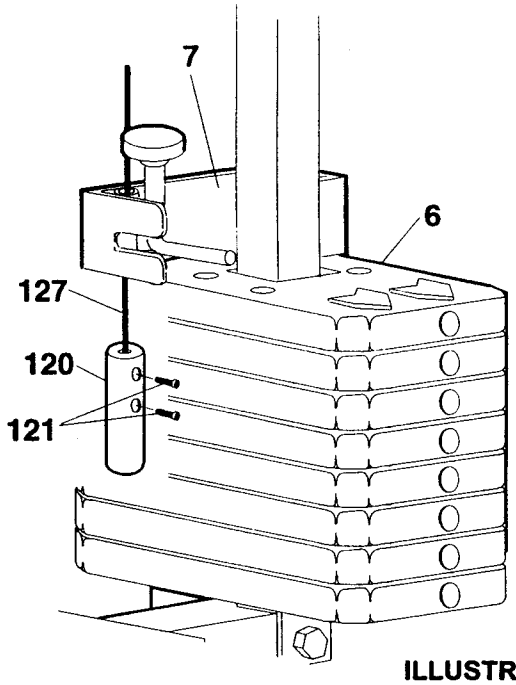


ILLUSTRATION E

SELECTING WEIGHTS:

Pin the desired amount of weight you wish to use. Push the Pin in as far as it will go to insure it is properly seated in the Selector Tube.

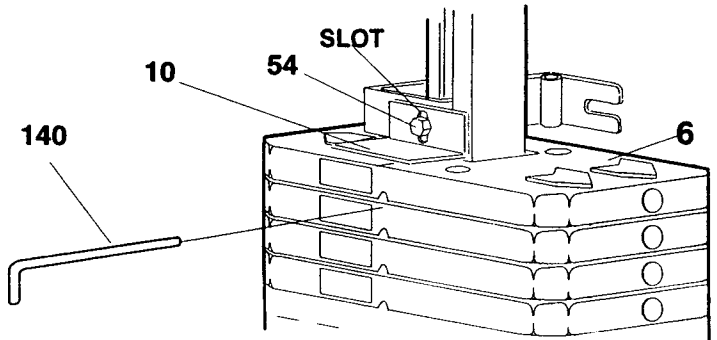
CONNECTING WEIGHT STACKS:

When you need to use more than eight Weights for an exercise, the "Quick Link" feature of the gym allows you to combine the two Weight Stacks.

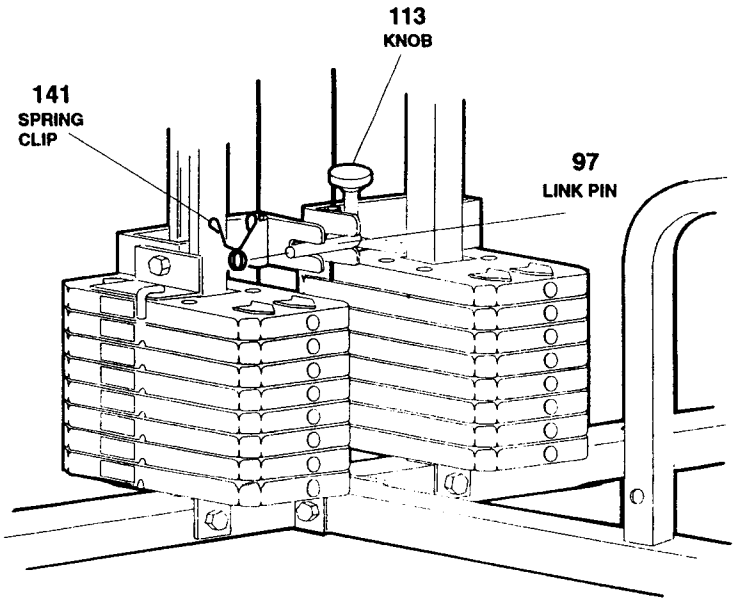
To link the Stacks together, simply turn the Knob on the rear Weight Selector Tube so that the Link Pin locks into the slot in the Selector Tube of the front Weight Stack.

Once the Pin is fully seated in the slot, place the **SPRING CLIP (141)** over the Pin and fit tightly against the Selector Tube for security.

When the Stacks are linked together, you should try to use equal Weights on both stack as much as possible. **NEVER** use a full stack on one side and on or two Weights on the other.



INSERT THE L-PIN (140) INTO THE GROOVE UNDER THE WEIGHT DESIRED. LOOSEN BOLT (54) AND PUSH THE ANGLE BUMPER BRACKET (10) DOWN SNUGLY AGAINST THE TOP WEIGHT PLATE AND RE-TIGHTEN BOLT (54).



STEP 16 ACCESSORY

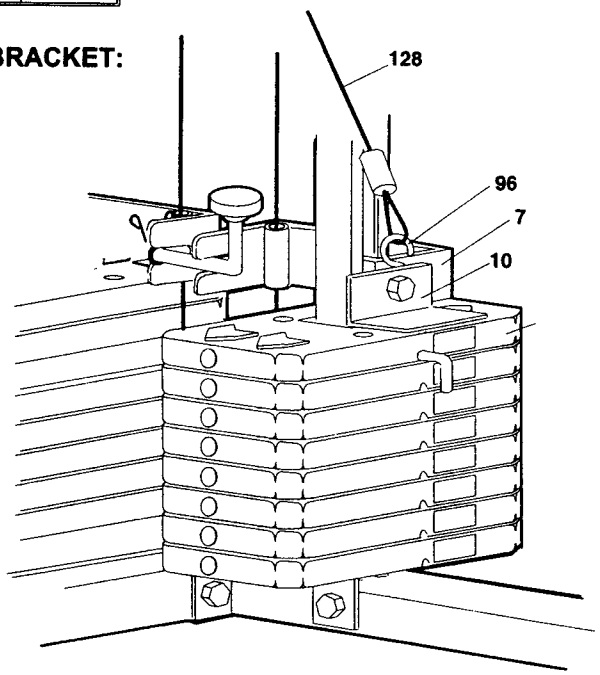
PART NAME	QTY
146 S-HOOK	1

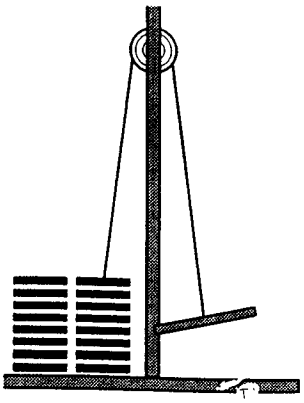
WEIGHT ASSIST DIP STATION BRACKET:

☐ *Select the* **60 1/4" STEPPER CABLE (128)** *(This Cable has two loop ends.)*

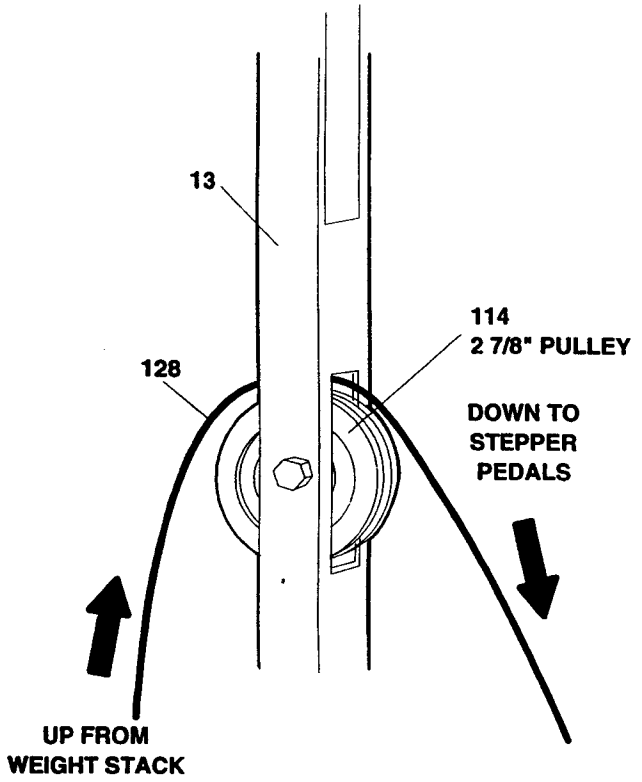
☐ *Fasten one end of the* **STEPPER CABLE (128)** *into the* **SMALL S-HOOK (96)** *assembled between the* **WEIGHT SELECTOR TUBE W/KNOB (7)** *and the* **ANGLE BUMPER BRACKET (10).**

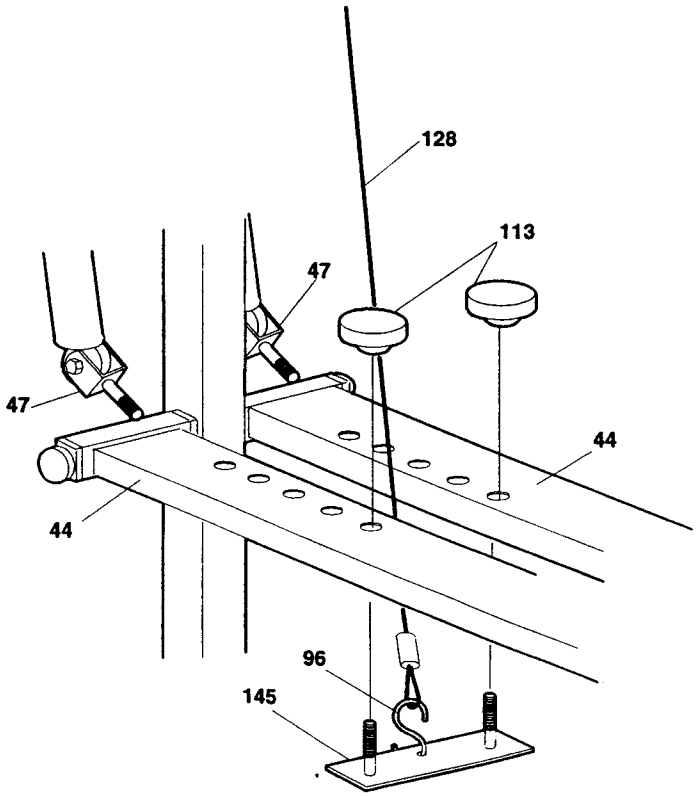
☐ *Bring the* **CABLE (128)** *up the* **STEPPER UPRIGHT (13)** *and assemble over the* **2 7/8" PULLEY (114).**





ENTIRE STEPPER CABLE ROUTING





☐ *Next, bring the* **CABLE (128)** *down to the* **STEPPER PEDALS (44).** *Remove the* **3/8" THREADED KNOBS (113)** *and the* **CYLINDER MOUNTING BRACKETS (47)** *from the Stepper Pedals.*

☐ *Assemble a* **S-HOOK (96)** *into the* **WEIGHT ASSIST DIP STATION BRACKET (145)** *and assemble the bolts in the Bracket into a set of resistance holes in the* **STEPPER PEDALS (44).** *Secure in place by assembling the* **3/8" THREADED KNOBS (113)** *onto the bolts.*

» **NOTE:** *The farther out on the Stepper Pedals you set the Weight Assist Dip Station Bracket, the more "Weight Lift" you will receive.*

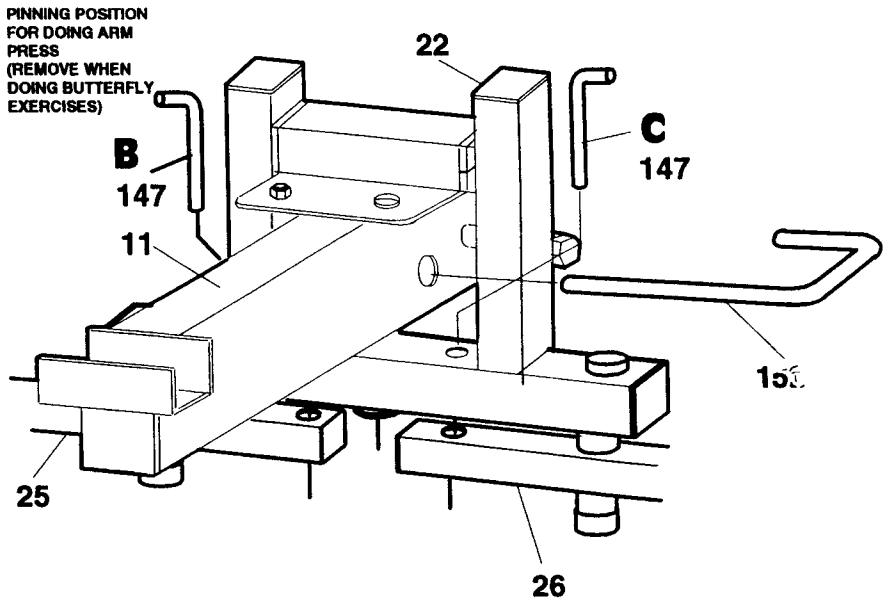
HOW TO USE YOUR HOME GYM:

ARM PRESS EXERCISES:

The Arm Press Arms are locked in place with "L" Locking Pins (147). When doing Arm Press exercises, Locking Pins "B" and "C" should be pinned through the ARM PRESS PIVOT FRAME (22) and the ARM PRESS ARMS (25) and (26).

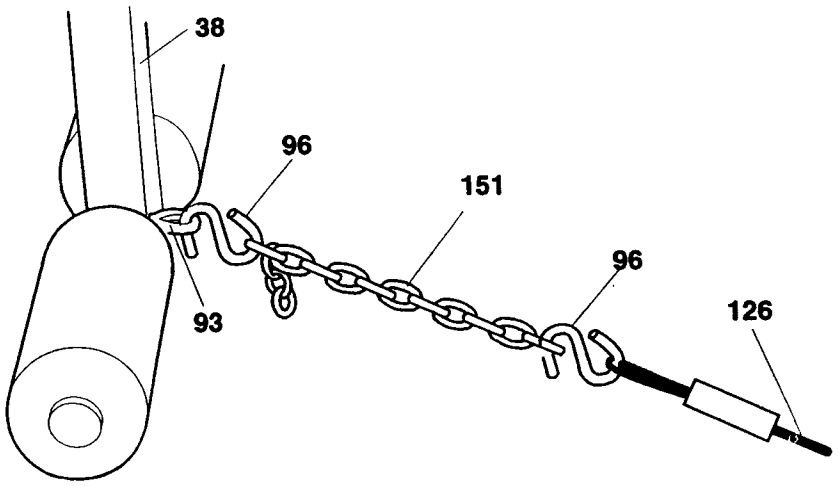
BUTTERFLY EXERCISES:

When doing Butterfly Exercises, remove Locking Pins "B" and "C". (Note: Locking Pins "B" and "C" should always be in place for all exercises except Butterfly Exercises to keep Cables properly tensioned.) Insert the "J" PIN (152) into the hole in the TOP MAIN UPRIGHT (11) and hook the Pin around the ARM PRESS PIVOT FRAME (22).



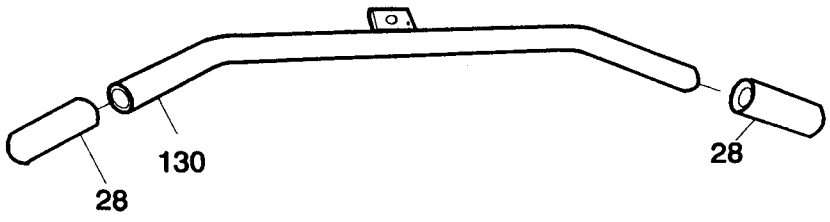
LEG EXTENSION EXERCISES:

To perform 1.) Seated Leg Extensions and 2.) Standing Leg Curls, the Low Pulley Cable should be attached to the Leg Extension by using the 12" LINKING CHAIN (151) and "S" HOOKS (96). Let the Leg Extension hang perpendicular to the floor for normal Leg Extension and Curl Exercises. If you wish to add additional range of motion for Leg Extensions, connect the Leg Extension so it is further under the Seat.



LAT PULL-DOWN EXERCISES:

Connect the LAT BAR (130) to the Lat Cable using a FIREMAN'S LATCH HOOK (155). When the Lat Bar is not in use, it can be place in the Lat Bar Holder at the top end of the Main Upright.

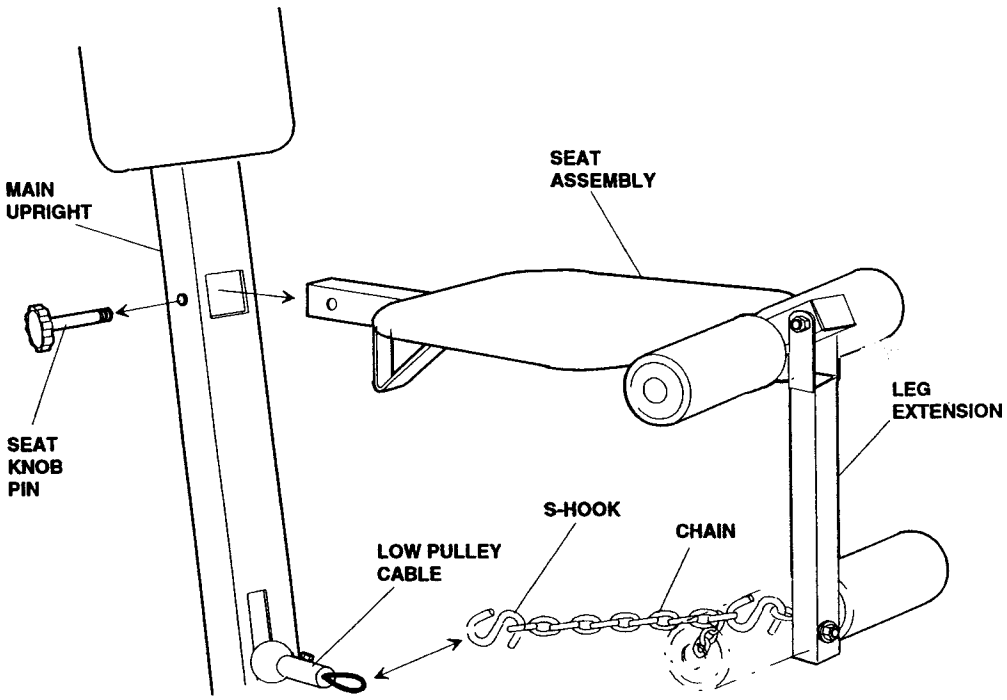


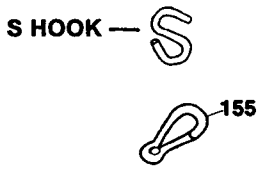
LOW PULLEY EXERCISES:

When doing Low Pulley Exercises, the Seat\Leg Extension Assembly should be removed from the Mast Upright. To remove the Seat Assembly simply unhook the Low Pulley Cable from the Leg Extension, unscrew the Seat Knob Pin Assembly, and pull the Seat Assembly out of the Frame.

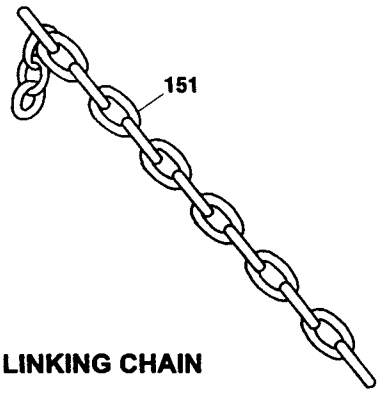
Connect the Leg Strap / Arm Curl Handle to the Cable at the Low Pulley using a "S" Hook. The Linking Chain can be used to extend the Strap further away from the Frame as needed.

The Lat Bar can also be used at the Low Pulley Station for doing Curls, Rows, and other Exercises.

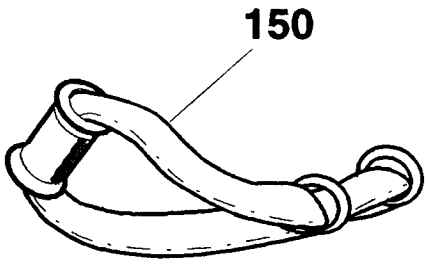




FIREMAN'S LATCH HOOK



LINKING CHAIN



LEG STRAP / ARM CURL HANDLE

STEPPER:

Bolt the Resistance Cylinders to the Stepper Pedals at your desired resistance setting. The resistance will become greater as you move the Cylinder back toward the end of the Pedal.

When doing Aerobic Stepper conditioning, the object is to take short, fast steps in order to elevate your heart rate and increase the blood flow. The resistance serves two functions, one is to accommodate a wide range of user weight, and the second is to vary the rate of speed needed to keep the Pedals from bottoming out at the end of the stroke.

V.A.F. STATION EXERCISES:

When using the V.A.F./Dip Station, position yourself inside the Dip Arms and grasp the Arms or Dip Handles. As an assist to get up on the Dip Arms, you can step back onto the Stepper Pedal Pivot Tubes, bring your arms atop the Arm Pads then spring up to position.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

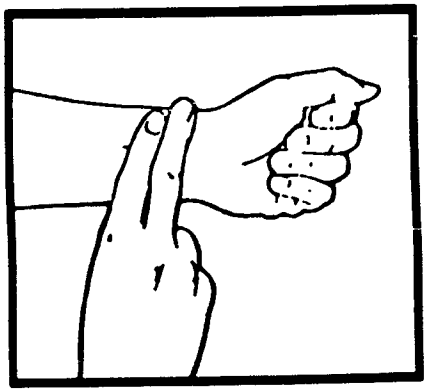
EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.



The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.

WORKOUT PATTERN

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4.COOLING-DOWN, 5. AT REST.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.